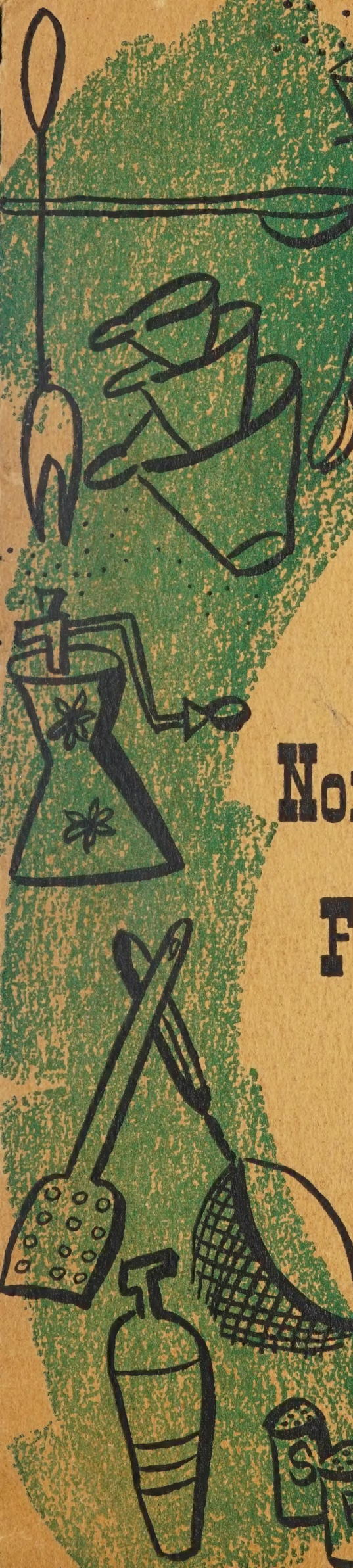




from

North Carolina Kitchens

FAVORITE RECIPES,

old and new

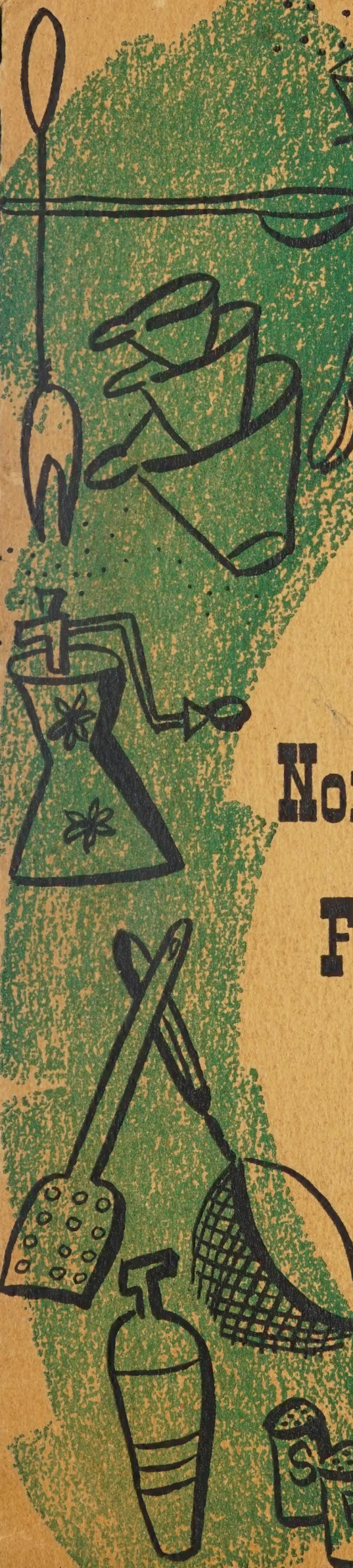


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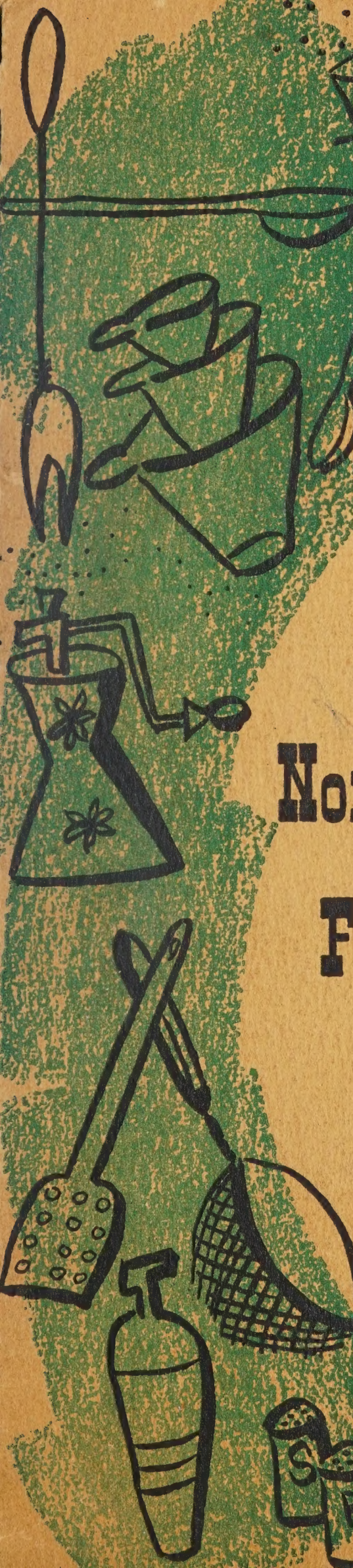


from

North Carolina Kitchens

FAVORITE RECIPES,

old and new



from

North Carolina Kitchens

FAVORITE RECIPES,

old and new



CHEESE SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- $\frac{3}{4}$ cup grated Cheddar cheese

Melt butter. Blend in flour, mustard and salt. Slowly stir in milk. Cook, stirring until sauce smooths and thickens. Stir in grated Cheddar cheese.

CHOCOLATE ICING

- $\frac{1}{2}$ cup margarine (one stick)
- 2 oz. chocolate
- 1 egg
- 1 tsp. lemon juice
- 1 tsp. vanilla
- 1 box sugar

Melt margarine and chocolate together, add egg, sugar, lemon juice, vanilla. Add top milk enough to spread nicely on cake.

Mrs. Martin also has a much

From North Carolina Kitchens

FAVORITE RECIPES OLD AND NEW

*Compiled by
The North Carolina Federation of Home
Demonstration Clubs*



*Published at North Carolina State College
Raleigh, North Carolina*

APPRECIATION

The members of the Cook Book Committee of the North Carolina Federation of Home Demonstration Clubs express their appreciation to club members and their friends for their recipes; to the Home Demonstration Agents and to the District Agents who have advised and encouraged each person who contributed to the publishing of FROM NORTH CAROLINA KITCHENS, FAVORITE RECIPES OLD AND NEW.

The Committee is grateful to Mrs. Rufus Rhyne, its chairman, who devoted a great deal of time in checking recipes and to Miss Jean Anderson for the very distinctive illustrations. We also wish to express appreciation to Miss Ruth Current, Miss Verna Stanton and Miss Virginia Wilson for their guidance in editing the cook book.

There are two main reasons why the home demonstration women of North Carolina have published this unusual variety of recipes: First, to preserve recipes with historical significance which have interesting variations in terminology and cooking methods; and second, to assemble from the Tar Heel State a collection of those recipes, both old and new, which are favorites of club members, their friends and neighbors.

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TESTERS OF RECIPES

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Mrs. John Wells	Lenoir	County
Mrs. Otto Wells	Pender	County
Mrs. J. Roy Wilkerson	Wilson	County
Mrs. Donald Witherington	Craven	County

These recipes have been tested by home demonstration club members and friends of the North Carolina Federation of Home Demonstration Clubs.

**NORTH CAROLINA FEDERATION OF HOME
DEMONSTRATION CLUBS' COOK BOOK COMMITTEE**

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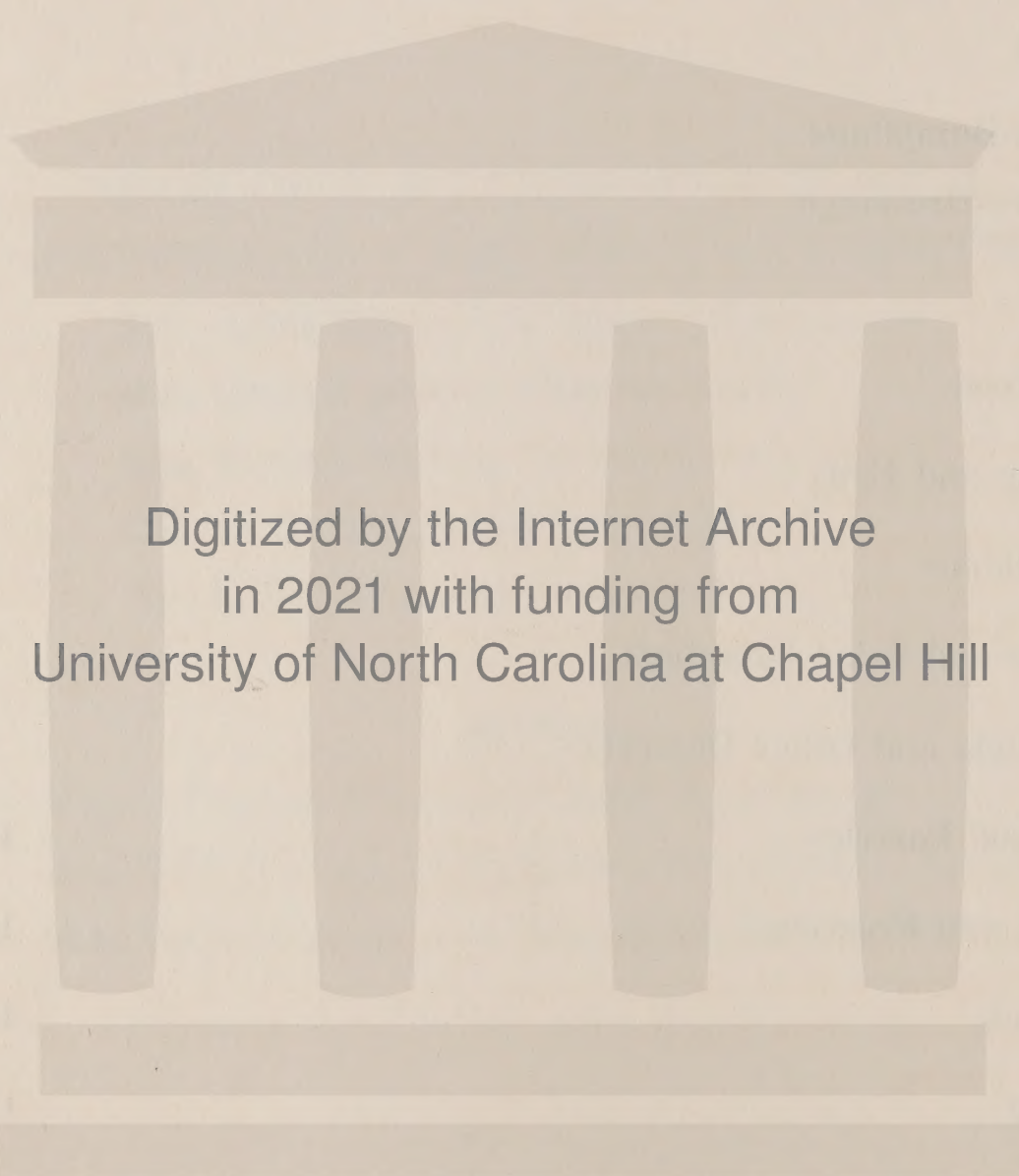
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Miss Ruth Current, State Home Demonstration Agent

Miss Verna Stanton, Asst. State Home Demonstration Agent

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CIDER PUNCH

	for 25	50	100
Cider or Apple Juice	2 quarts	1 gallon	2 gallons
3" sticks of cinnamon	2	4	8
Whole cloves	12	24	2 teaspoons
Pineapple juice	1 No. 2 can	1 quart	2 quarts
Orange juice	6 cups	3 quarts	6 quarts
Lemon juice	2 cups	1 quart	2 quarts
Crushed pineapple	1 No. 2 can	1 No. 2½ can	2 No. 2½ cans
Ginger ale	1½ quarts	3 quarts	6 quarts

Simmer 2 cups of the cider with spices in a saucepan about 15 minutes. Cool and remove spices. Chill juices until icy cold. Combine ingredients. Pour into a punch bowl. Add a block of ice — for a fancy one, freeze water in a fluted gelatin mold. Garnish with thin slices of orange and maraschino cherry halves.

Mrs. Dewitt Lee, Union County

GRAPE JUICE LEMONADE

Juice of 3 lemons	2 cups grape juice
½ cup sugar	Enough ice water to make 1 quart

Combine ingredients in the order given. Chill for ½ hr. Serve in each glass a thin slice of lemon from which the seeds have been removed. This quantity will serve 6 water glasses or 18 punch glasses.

Union County

HOLIDAY PUNCH

3 dozen oranges	6 cups sugar
2 dozen lemons	2 quarts pineapple juice
½ pound pink dinner mints	

Dissolve mints in 1 quart hot water. Mix juice, sugar, and mint water. Then add enough cracked ice and water to make 3 gallons punch.

Mrs. Cyrus McNeill, Harnett County

GRAPEFRUIT NOG

2¼ cups grapefruit juice
(1 No. 2 can)
¼ cup sugar

1 tall can evaporated milk
2 cups cracked ice

Stir sugar into grapefruit juice. Pour the milk over the cracked ice. Stir in the grapefruit juice slowly to prevent curdling. Beat or shake until well chilled and foamy. Yield: 6 servings. Any fruit juice may be used.

Mrs. George Fields, Jr., Perquimans County

GOOD PUNCH FROM SOUTHERN MARYLAND

Use iced tea as a base, add 1 qt. ginger-ale, 1 pt. grape juice. Then, pour over vanilla ice cream and raspberry ice.

Catawba County

HOT SPICED CIDER

1 quart cider
¼ cup sugar
⅛ teaspoon salt

8 short sticks cinnamon
12 whole cloves
8 whole allspice

Combine ingredients, heat to boiling, then cool and let stand a few hours for flavors to blend. Just before serving reheat and strain out spices.

Transylvania County

HOT SPICED TEA

1 teaspoon whole cloves
1 inch stick cinnamon
3 quarts water
2½ tablespoons black tea

Juice of 3 oranges
Juice of 1½ lemons
1 cup sugar

Tie spices loosely in bag and bring to a boil in water. Add tea tied loosely in bag and allow to stand 5 minutes. Remove bags of spices and tea and add fruit juice and sugar. Serves 25.

Mrs. N. W. Maness, Harnett County

LEMONADE

1½ cups lemon juice
2½ cups sugar

9 cups water

Mix and stir until well mixed. Serve with cracked ice.

Variations: Use orange or grape juice.

Mrs. George Champion, Harnett County

HOT SPICED GRAPE JUICE

1 quart water	3 cups orange juice
4 cups or 2 pounds sugar	1 cup lemon juice
2 cups shredded pineapple	3 quarts grape juice
2 quarts strong tea	

Boil 1 quart water and sugar together for 1 minute. Cool and add pineapple, tea, orange juice, lemon juice, and grape juice. Garnish with orange and lemon slices and maraschino cherries if desired. Serves 50. This may be served hot or cold.

Transylvania County

ICE CREAM CHOCOLATE PUNCH

4 squares chocolate	2 cups hot water
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ teaspoons vanilla
$2\frac{1}{4}$ quarts milk	Whipped cream
1 quart vanilla ice cream	Red and green sugar
$\frac{1}{2}$ cup sugar	

Combine chocolate, sugar, salt, and water in the top of a double boiler placed directly over the heat. Bring to boil, stirring constantly. Stir over low heat for about 3 minutes. Place over hot water and add the milk gradually. When hot, beat with a rotary beater until smooth. Add vanilla. Chill and pour into a punch bowl. Add one-half the ice cream and stir until partially melted. Sweeten the whipped cream flavor with a little peppermint if desired. Place on top of the first mixture alternately with the remaining ice cream. Sprinkle the cream with colored sugar. (To make colored sugar, rub a little coloring into the granulated sugar.)

Mrs. N. W. Maness, Harnett County

MINT DELIGHT

3 sprigs fresh mint	1 orange
1 cup strong hot tea	$\frac{1}{3}$ cup crushed pineapple
$\frac{1}{2}$ cup sugar	1 cup grape juice
1 lemon	2 cups water

Mix sprigs of mint with the tea and sugar. Strain and cool in refrigerator. Mix juice of lemon and orange with pineapple. Add to grape juice and combine with tea base. Add water, chill thoroughly and decorate before serving with fruit slices and remaining mint.

Mrs. N. W. Maness, Harnett County

INDIAN PUNCH

A delicious and inexpensive punch and favorite of Haywood County Club women.

2 cups sugar	1 teaspoon vanilla
1 quart water	1 teaspoon almond extract
Grated rind of 3 lemons	1 large can pineapple juice
Juice of 3 lemons	1 quart ginger ale
2 cups strong tea	

Mix together sugar, water, and lemon rind. Boil for 5 minutes. Let cool. Then add lemon juice, tea, vanilla, almond extract, and pineapple juice. When ready to serve add ginger ale.

Mrs. Will Ratcliffe, Haywood County

PARTY COFFEE

Place one pound all-purpose grind in muslin bag large enough to hold twice that amount. Drop into large kettle containing two gallons of boiling water. Cover tightly. Reduce heat and let stand 6 to 10 minutes. Lift coffee bag up and down several times to extract the full flavor of coffee. Remove bag and keep hot until serving time. Serves 40.

Harnett County

PUNCH

Juice of 6 oranges	1 cup water
Juice of 6 lemons	1 quart ginger ale
1 cup sugar	

Heat water and sugar until sugar is dissolved. Mix with juices and chill. When ready to serve, add ginger ale.

Harnett County

FRUIT PUNCH

3 cups tea	1 cup pineapple juice
1½ cups sugar	1 cup blackberry juice
3 cups water	1 cup raspberry juice
2 cups grape juice	Juice of 6 lemons
5 cups ice water	Juice of 4 oranges

Make a syrup by combining water and sugar. Boil 5 minutes. Cool. Combine tea, syrup, fruit juices and ice water. Pour over ice and garnish with mint leaves and slices of oranges and lemon. 30 servings.

Mrs. Albert Medlin, Jr., Union County

PUNCH RECIPE

When dietitian at the Chapel Hill School, I was frequently called on to serve refreshments to the P. T. A. and other groups. My favorite punch recipe is the one I used and it won many compliments. I am still using it whenever the event calls for punch.

- | | |
|---------------------|-------------------------------|
| 1 cup strong tea | 1 pint grape juice |
| Juice of 12 oranges | 1 No. 2 can crushed pineapple |
| Juice of 12 lemons | 1 small bottle cherries |
| 1 pint ginger ale | |

Boil 3 quarts water with 3 cups sugar for 8 minutes. Chill. Then add the above juices and fruit. Just before serving, add 1 pint of ginger ale. If a larger quantity is desired, add grape soda, ginger ale and orange par-t-pak just before serving.

Mrs. Paul Long, Orange County

TEA AND FRUIT PUNCH

- | | |
|--------------------------------|-----------------------|
| 2 tablespoons tea | 3 oranges |
| 2 cups sugar | 4 cups ginger ale |
| $\frac{1}{2}$ cup orange juice | 2 cups water |
| 4 lemons | 6 maraschino cherries |

Boil the water. Add the tea and sugar, and let stand for one-half minute; then strain. Add the orange juice and the juice of the lemons. Add the oranges thinly sliced, the cherries cut in 4 parts, and the ginger ale. Pour this over 8 cups or 2 quarts of cracked ice in a punch bowl.

Mrs. Kathleen J. Eakins, Pender County

RUSSIAN TEA

- | | |
|---------------------------|--------------------------------|
| $1\frac{1}{2}$ cups sugar | Juice of 1 lemon |
| Rind of 1 orange | Juice of 4 oranges |
| 5 cups water | $1\frac{1}{2}$ tablespoons tea |
| 8 whole cloves | 8 cups boiling water |

Boil together for 5 minutes sugar, one orange rind, and water. Strain and cool. Place the tea leaves in an enamel pot and pour over them the 8 cups of freshly boiling water. Steep 3 minutes. Strain. Mix the tea, syrup and fruit juices. Keep hot until ready to serve. Do not boil. Serves 25.

Mrs. Stephen Watson, Wilson County

SUMMER DELIGHT

This recipe was a favorite of Miss Addie Houston, Guilford County Home Demonstration Agent, 1922-1943.

2 tablespoons tea	1½ cups grape juice
3 cups boiling water	1½ cups spiced syrup
½ cup lemon juice	Fresh mint

Steep tea in water. Add lemon juice and grape juice.

SPICED SYRUP

2 cups sugar	1 teaspoon cloves
1 cup water	¼ teaspoon cinnamon

Boil for five minutes sugar, water, cloves, and cinnamon. Strain. Add to the tea mixture. Add fresh mint and serve.

Guilford County Council.

BREADS



CLABBER CAKES (Pancakes)

1 pint flour
1 pint clabber
1 small heaping teaspoon

Salteratus (soda)
1 teaspoon salt

Mix in order given. Grease pan with 1 teaspoon butter before each cooking.

Mrs. Hugh B. Bryan, Edgecombe County

CRACKLING CORN BREAD

1 cup cracklings, diced
1 cup sour milk
2 cups corn meal

$\frac{1}{2}$ teaspoon soda
 $\frac{1}{4}$ teaspoon salt

Cracklings are the pieces of meat remaining after the lard has been rendered from the pork. Mix and sift together the dry ingredients. Add the milk, stir in cracklings. Form into oblong cakes and place in greased baking pan. Bake in hot oven (400°F.) 30 minutes.

Mrs. N. V. Daniel, Granville County

CRACKLING CORN BREAD

Break 1 cup of cracklings, put them in 2 cups hot water. Add 4 cups meal, 1 tablespoon salt, $\frac{1}{2}$ teaspoon baking powder, $1\frac{1}{2}$ cups buttermilk. Mix thoroughly. Bake slowly until done.

Mrs. Annie Kate Trawick, Stokes County

EGG CORN BREAD

$1\frac{1}{2}$ pints meal
1 pint sour milk
2 eggs—well beaten

1 teaspoon salt
1 teaspoon soda
1 tablespoon melted lard

Mix dry ingredients. Add milk in which soda has been dissolved. Add melted lard. Pour in well greased pan and bake quickly.

Mrs. W. A. McGlamery, Clay County

HOT CORN CAKES

Scald: 2 cups corn meal with
1 cup boiling water
Add: 1 cup evaporated milk
1 cup flour
2 teaspoons baking powder

1 teaspoon salt
1 tablespoon sugar
1 egg
2 tablespoons melted shortening

Mix and cook on hot griddle. Add 1 teaspoon fat to the hot griddle before each batch of cakes. Delicious with fish.

Odessa Wasili, Currituck County

PONE BREAD

As far back as the oldest Hatteras resident can remember, pone bread has been considered a treat. It was first cooked in fireplaces, in iron pots, with hot coals on the lids, and later, in modern ovens. No camp meeting was complete without several of these, and not many Sundays passed without each home having a pone bread, cooked the day before. This bread packs well and keeps for a week or more (if well hid). Most families have passed their own recipes down to their daughters, and some vary in the amount of sugar and shortening used, and the size of the pan, to regulate the thickness. In the days before freezer lockers and short hunting seasons, all the thrifty islanders had a barrel of salted wild fowl, which made an excellent stew, and its gravy was enjoyed over the pone bread. Any gravy is good with it, however.

3 cups meal
5 cups boiling water (1 more
may be needed, if too thick)
 $\frac{2}{3}$ cup cold water
1 teaspoon salt

$\frac{2}{3}$ cup sugar
2 tablespoons molasses
 $\frac{2}{3}$ cup flour
2 tablespoons shortening

Scald meal with boiling water, in deep mixing bowl. Stir well and add salt, sugar, molasses and cold water. Blend in flour, mix well, cover and let stand at room temperature from 10 to 12 hours (overnight, or all day). In a dutch oven, a 3 qt. iron, pyrex, or other heavy baking pan, melt the shortening and pour in the batter. Bake two hours in a 375°F. oven. Turn to 300°F. and continue to bake another hour, with lid on pan. If oven is not needed, turn it off and leave covered pan in an hour or more longer. Can be cooled outside, still covered, but some claim it's not as good. This is delicious with any roast and gravy, sliced and served cold.

Mrs. Rebecca Burrus, Dare County

GRANDMOTHER'S CORN BREAD

(For Breakfast)

1 $\frac{1}{4}$ cups corn meal	$\frac{1}{2}$ cup flour
1 level teaspoon salt	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{4}$ teaspoon soda	1 cup water and buttermilk
1 tablespoon melted butter	(half and half)
(or other table fat)	

Mix all ingredients. Have large iron skillet hot and well greased when dough is put in. Cook on top of stove "medium heat to hot" until well brown on bottom. Turn and brown other side. Serve hot with butter and sweet milk or coffee. To turn bread run a thin knife or spatula under crust to loosen well, then slide out on a plate and convert plate upside down on skillet.

Wilkes County

PONE CORN BREAD

This 100 year old recipe was given to Mrs. Willey by Mrs. Pearl Lyons. She used to cook her pones in a covered spider in fireplace with hot coals on top until good and brown.

Sift: 1 quart corn meal	spoon) and salt measured in
Add: pinch of soda (1 teaspoon)	palm of hand (1 teaspoon)
Pinch of baking powder (1 tea-	

Mix with buttermilk until soft enough to shape into pones. Brown quickly on griddle then place in medium hot oven and bake 30 minutes.

Mrs. F. C. Willey, Gates County

OLD PLANTATION STYLE JONNIE CAKE

Sift one quart of corn meal into a pan; make a hole in the middle and pour in a pint of warm water, adding one teaspoonful of salt; with a spoon mix the meal and water gradually into a soft dough; stir it very briskly for a quarter of an hour or more till it becomes light and spongy, then spread the dough smoothly and evenly on a straight flat board (a piece of the head of a flour barrel will serve for this purpose) Place the board nearly upright before an open fire and put an iron against the back to support it; bake it well; when done cut it in squares; send it hot to table, split and buttered.

Mrs. Etta Brookshire, Buncombe County

CORN MUFFINS

This is a recipe that has been handed down for many years in the Chatham family. The recipe was given to Mrs. Ketchie by her mother, the former Ida Chatham of Elkin. It has been a favorite within the family for many years.

1 cup meal	1 teaspoon salt
½ cup flour	1 teaspoon sugar
1 egg	1 cup sweet cream or enough to
1 teaspoon baking powder	make batter

This makes six muffins. Double recipe for more.

Mrs. Frank Ketchie, Iredell County

CUSH

Crumble corn bread and biscuits one part each and 1 cup of cut up onions.

Fry in fried meat grease stirring often while frying. Serve hot.

Mrs. Jim Bell, Cabarrus County

TAR HEEL HUSH PUPPIES

The recipe for Tar Heel Hush Puppies is the one used at the Sanitary Fish Market in Morehead City, and the recipe for which "Tony" Seamon is famous.

1 pound fine corn meal	1 tablespoon sugar
1 egg	Pinch of soda
1 tablespoon salt	1 cup buttermilk

Mix all ingredients, adding water last to make batter a thick consistency. Drop into fat. Cook at 375°F. until golden brown. (Serves 6).

Mrs. J. L. Seamon, Carteret County

HUSH PUPPIES

I don't know just how old this recipe is, but it is real old. It is a favorite of my family.

1 egg thoroughly beaten	1 teaspoon baking powder
½ cup plain flour	½ cup sugar
Pinch salt	1½ cups corn meal

Mix all ingredients with enough water to mix well, and not be too thin. Shape in small rolls. Fry in hot deep fat.

Mrs. A. M. Whitehead, Wilson County

LYE HOMINY

Take about a gallon of corn and four or five cups of wood ashes and boil until hulls and eyes will slip off. Wash in cold water until eyes, hulls and ashes are removed. Boil until tender, wash again and store again until ready for use. (2 oz. of concentrated lye in 1 gallon of boiling water was substituted for ashes when lye was obtainable and could be spared from soap making). This was made by slave cooks and served with butter or meat drippings.

Mrs. Jim R. Bell, Cabarrus County

HUSH PUPPIES

$\frac{1}{2}$ cup sifted all-purpose flour	1 small onion, finely chopped
2 teaspoons baking powder	(optional)
1 tablespoon sugar	1 beaten egg
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
$1\frac{1}{2}$ cups enriched corn meal	

Sift together dry ingredients. Add onion. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy into hot deep fat (360°F.) frying only a few at a time. Fry until brown. Drain on absorbent paper. Makes about 2 dozen hush puppies.

Mrs. George Frazier, Granville County

Recipe also submitted by: Mrs. J. H. Honeycutt, Pender County

ROLLS

2 cups boiling water	1 teaspoon sugar
$\frac{1}{2}$ cup lard	2 teaspoons salt
$\frac{1}{2}$ cup sugar	2 yeast cakes
2 eggs	8-9 cups flour
$\frac{1}{2}$ cup lukewarm water	

Mix boiling water, sugar and lard together; set that aside and let it get lukewarm. Take half cup lukewarm water and melt yeast cakes, 2 teaspoons salt and 1 teaspoon sugar. After first mixture cools, blend both mixtures together, then beat eggs and add. Then add flour. After mixing well, place in refrigerator and let stand for several hours. Take out desired amount of dough, make out rolls and let stand out of refrigerator for several hours before cooking.

Mrs. Clyde Hurdle, Person County

FASTNACHTS (Fosnoxs)

This recipe dates back four generations to Civil War days. It was always made and served on Shrove Tuesday in our family. Tradition was that this was mandatory if one wished to have success growing cabbage that year. Also some must be fed the hens to assure heavy laying that year. At our house the hens was fed only in token portions.

1 package yeast	1½ cups milk
½ cup shortening	½ cup sugar
½ teaspoon salt	Enough flour to make soft dough
1 egg, beaten	

Scald milk. When cool, add yeast, shortening, sugar, salt, egg and flour. Mix well until light and smooth. Put in warm place and let rise until double in bulk. Roll out into six inch circles as for pastry shell. Slash with knife, into ¾ inch strips to within ¾ inch of circles edge. Pick up first strip and loop second through first - continue across circle. Let rise again on clean cloth until double in size. Fry in deep fat until golden brown. Drain on paper. Fastnachts are delicious served hot with fruit preserve and coffee or with a salad course.

Mrs. Ira Lefler, Stanly County

PEANUT ICE-BOX ROLLS

1 yeast cake	1½ teaspoon salt
½ cup lukewarm water	3 cups sifted flour
¼ cup sugar	1 egg unbeaten
½ cup boiling water	1 cup finely ground peanuts
½ cup soft lard	

Soften yeast cake in lukewarm water. Mix lard and sugar together in mixing bowl. Add boiling water and mix well. Stir in softened yeast. Add salt to flour. Stir in half of flour and beat well with spoon. Add egg and beat to mix well. Add rest of flour and mix. Cover bowl with waxed paper and put right in refrigerator. To make: Remove dough from refrigerator and fold in freshly parched, ground peanuts. Let rise until double in bulk. Punch down. Mold into any desired shape. Place in greased pans and let rise until double in bulk. Bake in a moderately hot oven (425° F.) 15 to 20 minutes. Yield: 1½ doz. rolls.

Mrs. Fred L. Johnson, Northampton County

“OLD-TIME LIGHTEN’ CORNBREAD”

2 cups meal
½ yeast cake

1 level teaspoon salt
2 cups warm water

Dissolve yeast in 1 cup warm water. Use enough warm water in mixing the batter to make it thin. After all ingredients have been mixed well, pour into well-greased pan and let stand four hours in a moderately warm place. Then bake in a hot oven.

Mrs. Lydia Wade, Carteret County

OLD-FASHIONED LIGHT BREAD

I’m fifty-three years old and as far back as I can remember both my grandmothers made this bread. If a neighbor was sick I knew a pone of this bread would be baked and sent to the sick person. It would keep several days.

When I asked grandmother Clayton who taught her to make the bread she said, “My mother taught me and for generations back each mother showed her daughters how to make this very bread.”

I asked grandmother Evans and she said, “Law, Honey, your great, great, great grandmother came from Holland; she taught her daughter and it was handed down from generation to generation.

This bread was cooked in a skillet on the hearth by old women.

Pour into a tin bucket three coffee cups of fresh sweet milk, pour over this 3 coffee cups boiling water. Add one large spoon yellow sugar or good molasses, one tablespoon salt, two tablespoons corn meal, enough flour to make a thin batter.*

Be sure the milk and water have cooled to lukewarm before adding flour or it will lump.

Pour out one half the milk and water, make a thick batter, add other half of milk and water. Mixed this way you have a smooth thin batter. Place in a pail of warm water, stirring several times before it starts to rise, must be kept a little more than milk warm until it rises one half its original height. Add a little piece of lard and make into a dough about like biscuit dough. Put in pans in 3 loaves. The heat should be just warm enough to bear the hand on. Keep this heat till it has risen as high as you want it. Bake.

Mrs. Clyde Hurdle, Person County

* A mixing bowl and white sugar may be used.

QUICK HOT ROLLS

1 package yeast
2 cups flour
3 teaspoons sugar

1 cup lukewarm water
1 teaspoon salt
2 teaspoons melted butter

Dissolve yeast in water. Sift flour, salt and sugar together and stir in yeast mixture. Add melted butter. Knead lightly in dough pan with just enough flour to make the soft dough so it can be handled. Let stand 15 minutes in warm temperature about 75 to 80° F. Turn out on floured board, knead lightly, roll to 1/2 inch thickness, cut with biscuit cutter and place on well greased baking sheet. Butter lightly and let rise one hour in warm temperature. Bake in hot oven until brown.

Mrs. F. C. Anthony, Wilkes County

OLD-FASHIONED CORN LIGHT BREAD

One quart of water in a pot, let come to a boil; add one teaspoon salt, stir in corn meal to make a thick mush. Add enough cold water to make it lukewarm, stir in meal to make a thick batter, cover and set by fire to keep warm; let rise twice and stir down, have the oven hot; when it rises third time, put in oven and bake quickly.

Mrs. W. A. McGlamery, Clay County

SALT RISING BREAD

In the evening, take a pint of milk and heat almost to the boiling point. Into this put one handful (1/4 cup) each of meal and flour. Add a teaspoon of sugar, a pinch of soda, and a pinch of salt (1/8) teaspoon. Put into this seven white beans, let rise overnight in a warm place.

In the morning, take out the beans, add enough flour to make it thick, having warmed the flour and yeast. Set in a warm place to rise. After it has risen (and smells ruined - the worse it smells the better the yeast), mix with two quarts of flour, three tablespoons of sugar, 2 tablespoons of lard, 4 teaspoons of salt, and enough warm water to make a soft sponge. Make into loaves. Keep covered in a warm place and let rise to about twice its size. Bake in a moderate oven.

The seven white beans are not a hoax, as you might think, but are to make the bread rise, not sink.

Mrs. J. E. Gentry, Ashe County

OLD-FASHIONED SALT RISING BREAD

1 cup milk	2 tablespoons sugar
1½ teaspoons salt	¼ cup white corn meal
1 cup lukewarm water	2 tablespoons melted shortening
5¼ cups sifted flour	

Scald milk. Remove from heat and stir in 1 tablespoon sugar, salt, and corn meal. Turn into two quart jar or pitcher. Cover and set in pan of water hot to the hand (120° F.) Let stand in warm place six to seven hours or until it ferments. When gas escapes freely, stir in lukewarm water (100° F.), remaining 1 tablespoon sugar, shortening, 2 cups flour and beat thoroughly. Return jar to hot water bath (115° F) and let rise until sponge is very light and full of bubbles. Turn sponge into warm large mixing bowl: gradually stir in remaining 2½ cups flour, or just enough to make a stiff dough, or until smooth. Divide into half, shape into loaves and place in greased bread pans. Brush with melted fat, cover and let rise in warm place until 2½ times its regular bulk. Bake in 375° F. oven for ten minutes, lower to 350° F. and bake 25 minutes longer.

The sponge and dough require a higher temperature (115° F.) than yeast mixture. The starter should be kept at a constant temperature for an active mixture. The homemade salt rising bread is not as light as yeast bread. It is moist and crumbly.

Mrs. D. V. Andrew, Alamance County

COLONIAL SALT RISING BREAD

I

Starter of yeast	4 tablespoons corn meal
4 small Irish potatoes	1 heaping teaspoon salt
3 tablespoons sugar	1 quart boiling water

Peel and slice potatoes very thin. Put into vessel and pour boiling water over them. Add salt, sugar, and meal. Into a larger vessel, put tepid water and put vessel containing yeast starter into this. Let stand in well protected place for 24 hours.

II

2 cups warm milk	¼ teaspoon soda
Flour	

Strain yeast and add to it the milk, soda, and gradually enough flour to make a stiff sponge. Let rise until light, about 2 hours. Again set vessel in another pan of warm water and keep out of drafts until light.

III

1 quart flour
2 teaspoons salt

1 cup lard

Sift flour and salt and mix thoroughly with the lard. Add to the sponge making a soft dough (a little more flour may be needed). Knead just enough to handle and work fast to avoid chilling. Put into greased pans, filling half full. Let rise again until double in size and bake at 350° F. about 45—60 minutes. This bread should never be allowed to get cold, nor in the last rising should it be allowed to be too warm.

Mrs. B. E. Warner, Cherokee County

SALT RISING BREAD

½ cup corn meal
1½ cups scalded milk
1½ teaspoons salt

2½ cups flour
2 tablespoons butter
1 tablespoon sugar

Scald the meal and ½ teaspoon salt with ½ cup milk. Let stand in warm place overnight. In the morning set this bowl of mixture in water just as warm as your hand can stand it. Keep at this temperature during whole process. When light add the cup of milk and 1 cup water boiled and cooled to about 98° F. with butter and sugar dissolved in it. Slowly add 2½ cups flour, heating thoroughly. Again set in warm water until light. Then add flour to make stiff dough. Knead well. Put directly into pans and when light again, bake.

Mrs. Jake Lassiter, Wilson County

SOUTHERN STYLE SPOON BREAD

This recipe was handed down in President William Henry Harrison's family from Colonial days. His descendants gave me the recipe while I was teaching in Prince George, Va.

1 cup corn meal, unsifted
4 tablespoons butter
1 teaspoon salt

1 tablespoon sugar
3 cups boiling water
3 eggs

Mix all dry ingredients and butter thoroughly, add water gradually until a thick pasty dough has been formed, then add stiffly beaten eggs. Bake in slow (375° F.) oven until done. Serve hot with butter.

Mrs. Waverly Parker, Gates County

SOUTHERN SPOON BREAD

This recipe is from the kitchen of Mrs. James L. Houser, who lives on the Green River Plantation, which is located in both Rutherford and Polk Counties.

Green River House was built in 1804, and the brick used in it was brought from Charleston, South Carolina, by wagons and was built by the slaves.

During the war between the states, Northern soldiers, on their march through the South, stabled their horses in the drawing room of the Green River House, where the hoof prints are still visible.

This recipe was used extensively at the Green River House and was given to me by one of the old cooks who used it quite often.

1½ cups corn meal	¼ teaspoon salt
2 cups boiling water	2 tablespoons melted butter
2 cups sweet milk	3 eggs
2 teaspoons baking powder	

Sift and measure meal and baking powder. Pour over it the two cups of boiling water, stirring to keep from lumping. Add butter, salt, and the egg yolks, beaten slightly before adding. Add the milk gradually. Beat the whites of the eggs until stiff, folding them in last. Pour in a well greased casserole and bake in a moderate oven, 350 to 375° F. 40 minutes.

Mrs. J. L. Houser, Polk County

SNOW BISCUITS

2 cups sifted flour	1½ teaspoons sugar
½ teaspoon salt	1 cake yeast
¼ cup lukewarm water	1 tablespoon melted shortening

Sift together flour, sugar, and salt. Dissolve yeast in lukewarm water. Add to dry ingredients. Add melted shortening. Dough will be soft. Turn out on floured board and knead dough quickly and lightly until smooth and elastic. Roll out ½ inch thick. Cut with floured biscuit cutter. Place on greased pan. Let rise until doubled in bulk about ½ hour. Prick top with fork. Bake in hot oven at 425° F. about 20 minutes. Makes 16 two inch biscuits. Serve hot with homemade jam, jelly, or preserves for a supper dessert treat.

Mrs. Louise Barber, Onslow County

SPOON BREAD

1 cup corn meal	3 eggs
2 cups cold water	2 tablespoons butter
1 cup sweet milk	1 teaspoon salt

Mix meal and water and cook 5 minutes stirring all the time. Add the well beaten eggs, melted butter and milk to meal mixture. Mix well and bake at once in moderate oven until brown.

Mrs. J. L. Pearce, Wake County

SOUTHERN SPOON BREAD

1 cup corn meal	2 teaspoons baking powder
$\frac{1}{4}$ cup butter	2 cups sweet milk
3 eggs	1 teaspoon salt
2 cups boiling water	

Method: Pour boiling water over meal. Boil slowly about three minutes. Stir constantly. Add butter. Cool. Add milk, salt and beaten egg yolks. Fold in stiffly beaten egg whites. Add baking powder last. Pour into well greased baking dish. Bake in 425° F. oven for 45 minutes or until firm. Serve immediately.

Mrs. J. Emmett Winslow, Perquimans County

APPLE BREAD

This recipe was used by my grandmother. I have never known anyone to use it other than our immediate family.

3 cups mellow apples	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup water
1 cup meal	3 tablespoons shortening

Add sugar to apples, then add meal. Work in salt and water. Add shortening. Cook in cake pan ($7\frac{1}{2}$ x $11\frac{1}{2}$) about 45 minutes at 400° F. or less. Cut in squares and serve.

Canned apples may be used.

Mrs. T. T. Stephenson, Northampton County

BATTER BREAD

Add two well beaten eggs to one and three fourths cup cold cooked fine hominy (grits). Add two and one half cups of sweet milk, then add one cup sifted meal with one teaspoonful salt and tablespoon melted butter. (I add two teaspoons of baking powder). Beat thoroughly, bake in well buttered baking dish

for forty minutes in hot oven. I bake about one hour in medium oven. I save left over hominy until I have enough for batter bread.

Bess S. Butler, Cherokee County

BEATEN BISCUITS

These delicious little biscuits, as they were made only in the South, are today almost a lost home art. Rightly made, they are the daintiest, most delicious of tiny, smooth, satiny biscuits served cold, never hot - with salads perfect.

Originally in old days of South they were made by two methods. Almost every family had a regular beaten biscuit machine, consisting of a marble slab with a double roller and a handle to turn - dough put through roller time and time again until it blistered and popped and was as smooth as satin. Then there was a special cutter, small with stickers in center.

The second method, the dough was placed on a wooden meat block and the old mammy, with a wooden rolling pin, gave the dough 100 strokes for everyday biscuits - many more for extra nice company.

Few machines still to be found in the South - a treasure when found.

4 cups flour
1 teaspoon salt
5 tablespoons fat

$\frac{3}{4}$ cup ice water or sweet milk
to make a very, very stiff dough

Make a stiff dough, knead until smooth, then pound until white and full of air bubbles. Roll, cut with a small cutter, prick with a fork, and place in the pan so they will not touch. Leave the oven shut five minutes when first put in, to give the biscuit a chance to rise and crack around the sides. Bake in a hot oven until thoroughly done. The constant pounding not only distributes the air in small bubbles throughout the dough, but it whitens the gluten and makes it crisp instead of spongy.

Mrs. John E. Williams, Rutherford County

BEATEN BISCUITS

1 quart flour—after sifted
4 tablespoons lard

$\frac{7}{8}$ cup water and milk mixed
1 teaspoon salt

Run through a beaten biscuit machine until dough blisters. Then roll to a thickness of a handle of a knife; and cut with small cutter.

Mrs. J. W. McLauchlin, Hoke County

BUTTERMILK BISCUITS

2 cups mixed flour
2 tablespoons fat
 $\frac{3}{4}$ cup of buttermilk

A pinch of soda if milk is very
sour

Cut the fat in the flour and mix quickly with the milk to form a soft dough. Turn out on a floured board or waxed paper. Knead lightly for a few seconds. Roll to $\frac{1}{4}$ inch thickness. Cut with a floured biscuit cutter. Place in a pan and bake in a hot oven 450° F. for about 7 minutes. Turn on broil for a minute or until a golden brown, depending on your oven. Makes 24 small biscuits.

Mrs. Stephen Watson, Wilson County

BUTTERMILK BREAD

One pint of buttermilk heated to scalding point, stir into it while hot, a tablespoon of white sugar and enough flour to make a stiff batter. Let it stand overnight in a warm place. In the morning, stir into the batter or sponge a teaspoon of soda dissolved in warm water, a little salt and two tablespoon of melted butter; work in enough flour to enable the dough to be easily worked, knead well, make into loaves, let rise till light, and then bake.

Mrs. W. A. McGlamery, Clay County

NUT BREAD

1 cup light brown sugar
2 eggs, beaten
3 cups sifted flour
3 teaspoons baking powder

1 teaspoon salt
1 cup sweet milk
1 cup chopped nuts

Alternate dry ingredients with milk and add to eggs and sugar. Cook at 350° F. about 30 to 45 minutes.

Martha Crowell, Granville County

"SHORT'NIN' BREAD"

4 cups flour
1 pound butter

1 cup light brown sugar

Mix flour and sugar and work in the butter. Place on floured surface and pat to $\frac{1}{2}$ inch thickness. Cut round and bake in moderate oven 20 to 25 minutes.

Mrs. Hazel Jackson Bell, Cabarrus County

NUT BREAD

3 cups sifted flour	2 eggs well beaten
4½ teaspoons baking powder	1 cup milk
1 teaspoon salt	½ cup shortening
1 cup chopped nuts	

Mix and sift dry ingredients, stir in nuts. Combine eggs, milk and add to flour mixture, stirring only until well mixed. Add shortening. Turn into greased loaf pan and bake in moderate oven, 350° F. for one hour.

Mrs. Jacques Busbee, Moore County

SWEET POTATO BREAD

This recipe is from the kitchen of Mrs. Bell Matthews. It was used for many years by her father's family, Mr. E. H. Dixon. It was used as a dessert for the slaves on the Dixon plantation.

4 medium potatoes	¼ cup milk
1 teaspoon vanilla	3 tablespoons flour
¾ cup sugar	¼ pound butter
1 egg	1 teaspoon allspice

Mash potatoes very well. Add sugar, butter, vanilla, allspice, flour, milk and a well-beaten egg and mix thoroughly. Pat into pan and bake. When cooked cut into squares and serve.

Mrs. Sherrill Jackson, Johnston County

SWEET POTATO PONE

This recipe for sweet potato pone was handed down from my grandmother. She used it during the Civil War and probably before when food, which was not produced in this section, had to come by way of sail boats; and very often such foods as had to be imported that way were scarce. She especially liked this as it is quite delicious without any sugar, even though to add sugar makes it more tasty.

½ cup sugar	1 tablespoon allspice
1 egg	Salt to taste
4 level tablespoons butter	

Mix and pour into greased baking dish. Bake in a very slow oven until very brown. Serve hot or cold. For a dessert low in calories, omit all but grated potato, salt and allspice. It is still delicious.

Mrs. W. B. Craven, Columbus County

YAM BUNS

$\frac{1}{2}$ cake of compressed yeast	$\frac{1}{2}$ cup scalded milk
$\frac{1}{2}$ cup lukewarm water	$\frac{3}{4}$ cup cold, mashed sweet potatoes
2 tablespoons butter or margarine	
$\frac{1}{4}$ cup sugar	2 $\frac{3}{4}$ cups of sifted all-purpose flour
1 teaspoon salt	

Soften yeast in water. Add butter, sugar, and salt to milk, and stir until dissolved, cool to lukewarm. Stir in potatoes and dissolve yeast. Add flour to make a stiff dough. Turn out on lightly floured board and knead until smooth. Place in a greased bowl, brush with melted shortening, cover and let rise in a warm place until double in bulk (about 2 hours), punch dough down and shape into round rolls or any desired shape. Place on greased baking sheet. Cover with a cloth and let rise until double in bulk (about 1 hour). Brush top with melted shortening and bake in moderately hot oven (400° F.), about 25 minutes until browned. While hot, frost top with confectioners icing.

Mrs. J. G. Inman, Columbus County



BAKED LIVER—1871

This recipe was used by my mother and passed on to me.

- | | |
|--|-----------------------------|
| 2 pounds calf's liver in one thick piece | 1 medium sized onion sliced |
| 4 slices fat salt pork | 1/6 teaspoon pepper |
| 1 tablespoon flour | 2/3 teaspoon salt |
| | 1/2 cup stewed tomatoes |

Lay pork strips in slits cut in liver. Place onion in baking dish, place liver on it, sprinkle with salt, pepper and flour mixture, and pour tomatoes over. Bake in oven at 350° F. until tender.

Mrs. Nan K. Sloop, Rowan County

BEEF HASH

Take left over roast beef and cut in small pieces. Cut up a large onion and add to beef with a little of the broth. Season with salt and pepper and simmer for a few minutes. Good on toast or with hot biscuit.

Mrs. Stephen Watson, Wilson County

RAVIOLI

- | | |
|---|---|
| 1—4 or 5 pound chicken (boiled) | 1/4 pound of butter |
| 1 pound pork (fried or baked) | A little spinach |
| 1 pound veal (fried or baked) | Bread sticks or cracker crumbs |
| 1/2 pound imported Swiss cheese,
(can be substituted with other
kind of cheese) | enough to hold together |
| 1 dozen eggs | Add parsley, celery, salt and
pepper to taste, other ingredi-
ents if desired |

The above mixture is for inside of Ravioli which is ground and made into small balls.

The following pastry is prepared for the outside:

For each cup of flour at least one egg is used. Any kind of salad oil or water to have pastry soft enough to roll and place over balls and trim around. After balls are covered with the

pastry, they should be left in cool place to dry for at least 24 hours.

When ready to cook these should be boiled in broth or water for about 20 or 30 minutes. When Ravioli are removed from broth a well prepared tomato sauce is to be poured over them and placed in moderate oven for 15 or 30 minutes in baking dish.

The above recipe will serve 25 people.

Another way of making pastry:

10 cups of flour
15 eggs

Oil and very little water

TOMATO SAUCE

¾ pound butter	be left out)
2 onions	2 or 3 chicken livers
2 buttons garlic	1 sprig rosemary
6 cans tomato paste	Parsley, bay leaf and celery
3 cans tomatoes (or tomato juice)	2½ tablespoons sugar
3 small cans mushrooms (may	Salt and pepper

Saute chopped liver and onions in fat until golden brown, add tomatoes and paste. Place garlic, parsley, bay leaf, rosemary and celery in a small cheese cloth bag and put in with rest to cook slowly for 2 or 3 hours. Mushrooms may be added near the end of the cooking period. Season with salt, pepper and sugar. This recipe makes enough for serving 25 for the Ravioli recipe above.

Mrs. Ben Pons, Burke County

POT ROAST

3 pounds of chuck roast or stew beef	Sear roast on top of stove. Then add seasonings as follows:
6 Irish potatoes	⅔ teaspoon salt
10 carrots	⅔ teaspoon pepper
5 onions	8 whole cloves (or sprinkle with ground cloves)
Seasonings of brown sugar, cloves, Worcestershire sauce, and brown sugar, plus pepper and salt	1 tablespoon sugar
	1 teaspoon sauce
	Chili sauce and chili powder may also be added if desired.

Roast in a preheated oven at 325° F. adding one half cup of water for an hour. Then add vegetables and bake another hour or until vegetables are well cooked. Keep cover on roaster for tender meat. When done, remove contents to deep bowl and fix thick gravy, pouring some over meat and vegetables. Stewed tomatoes as a side dish add to the flavor of the meal.

Mrs. C. R. Holmes, Perquimans County

ROAST BEEF WITH YORKSHIRE PUDDING

My mother, Mrs. H. Littlewood of Yorkshire, England, brought this recipe from England when she came to the states in the year 1887 or 1888.

Rub meat with salt and place in tight roaster with cup of water and put in oven. Heat fast until it starts to cook good and let slow down. When tender remove lid and let it brown on both sides. Remove to platter. Place roaster on top of stove and add two pints of hot water. Let boil until all the brown leaves the pan, then salt and pepper to taste and thicken with flour batter to make a thin gravy.

YORKSHIRE PUDDING

2 cups all-purpose flour
2 eggs

1 teaspoon salt
2 cups water

Place flour in mixing bowl, add salt, make hole in middle of flour, add eggs and one cup of water. Beat well, then add rest of water and beat well again. Cover bottom of one large pan or two small ones with some of the beef fat from the roast. Pour mixture in pan one-half inch deep. Bake in extra hot oven until brown or 20 minutes. Serve on warm plates at once with a good deal of gravy. Follow with course of vegetables and meat. Have family at table in time before serving.

Mrs. E. C. Francis, Ashe County

SPICED BEEF

The following recipe was used and enjoyed by Miss Marcia Albertson, Pasquotank County's first Home Agent and is still in use today.

This was a delicacy for special occasions such as Christmas and Thanksgiving. This large amount was prepared at one time and served sliced for many meals.

25 pounds beef—top round
2 ounces salt petre
1 quart salt
1 quart black molasses—no

fooling about the black
2 ounces cloves—ground
2 ounces allspice—ground
1 ounce nutmeg

Rub meat with salt petre and salt. Cover with remaining mixture and allow to stand for 21 days in a crock. Turn each day. Tie up in cheese cloth, put in cold water to cover, using part of the liquid left. Boil 20 minutes to the pound. Allow to cool in

water. If less meat is used than called for, you may allow a day for each pound of meat. Best to do in large pieces though.

Mrs. J. L. Shipley, Pasquotank County

DELICIOUS MEAT LOAF

2 pounds beef	2 cups Rice Flakes
1 pound pork	1/3 cup tomato catsup
1 1/2 teaspoons salt	1 small onion
2 eggs slightly beaten	1/2 cup milk

Mix all. Bake in moderate oven 3/4 hour. Uncovered. Irish potatoes may be baked around individual loaves.

Mrs. Ethel Johnson, Harnett County

SPAGHETTI

(Mike Correlli an Italian tailor gave this recipe many years ago.)

5 tablespoons olive oil or bacon grease. In this, brown one piece (small) garlic, and 1 good size onion. Add 1/2 pound ground steak, 1 can of tomato paste mixed with 1 pint water. Cook. Serve as sauce over spaghetti.

Cook 1 pound spaghetti 20 minutes, drain water and add 1 1/2 cups cheese (grated).

Transylvania County

BLACK "MAMMEY'S" BAKED HAM

1 medium size cured ham	1/2 cup brown sugar
1 quart sweet cider	1/4 teaspoon black pepper
1 tablespoon whole cloves	1 cup cracker crumbs
1 tablespoon (level) dry mustard	

Saw off shank and enough of butt end to leave a nice shaped piece. Skin with a sharp knife if it is not one of the "Skinned" hams, and soak overnight in cold water. When ready to cook wipe dry with cloth and rub well with the mustard, and place in roaster. Tie cloves in a muslin bag and put into cider and heat to boiling point. Pour over ham and put into oven and bake—allowing about 20 minutes to the pound or until tender, basting often with cider. When done remove to shallow pan and rub into fat the sugar, pepper and cracker crumbs which you have blended together, then return to oven to brown. This is delicious served either hot or cold.

Mrs. E. F. House, Sampson County

SPAGHETTI DINNER

1 pound ground steak
1 large onion, chopped
3 tablespoons fat
3 cups tomatoes

Salt to taste
 $\frac{1}{2}$ bottle tomato catsup
1 box spaghetti

Cook spaghetti in boiling, salted water. Make ground steak into meat balls. Cook in 3 tablespoons of fat until tender, not hard. Remove from pan and cook onions until tender. Add tomatoes and catsup and simmer 10 minutes. Add cooked spaghetti and partially cooked meat balls and continue to simmer 10 minutes to season through. Serve hot.

Mrs. Charles Timberlake, Granville County

SOUTHERN HAMBURGER

1 pound ground beef
2 tablespoons fat
 $\frac{1}{2}$ cup chopped onions
2 tablespoons tomato catsup

1 can chicken gumbo soup
(10 $\frac{1}{2}$ ounces)
2 tablespoons prepared mustard
 $\frac{1}{2}$ teaspoon salt

Brown meat in hot fat. Add onions and cook until golden brown. Add remaining ingredients and simmer over slow heat for 30 minutes. Serve on warm hamburger rolls with cole slaw or with onion. Serves 6 to 8.

This can be prepared ahead and warmed when ready for use. Some people like more mustard and some chilli served on buns with it.

Mrs. Charlie Talley, Rockingham County

BARBECUED SPARERIBS

4 pounds spareribs
2 onions sliced
 $\frac{3}{4}$ cup catsup
 $\frac{3}{4}$ cup water
2 tablespoons vinegar

1 tablespoon salt
 $\frac{1}{2}$ teaspoon red pepper
1 teaspoon paprika
1 teaspoon black pepper
1 teaspoon chili powder

Place ribs in roasting pan. Cover with onions. Sprinkle with salt and pepper. Combine remaining ingredients and mix well. Pour over ribs. Cover. Baste occasionally and remove cover during last 20 minutes of roasting. Serve with pan sauce. Time 1 $\frac{1}{2}$ hours. Temperature 350° F.

Mrs. D. T. Ayscue, Vance County

Recipe also submitted by : Mrs. Sam Potts, Haywood County

BARBECUED SPARERIBS

Cut spareribs in pieces of 2 ribs about 4 inches long. Place in pressure cooker with just a little water and salt and cook real tender. Place ribs in baking dish and baste with a sauce made of 2 parts of vinegar to 1 of catsup. A little Worcestershire sauce, salt, pepper, and sugar to taste. Add a little broth from the ribs and baste over the ribs with half the sauce. Broil real quick until brown. Turn over and baste with remainder sauce and brown. Serve hot.

Mrs. Shephen Watson, Wilson County

BRUNSWICK STEW

- | | |
|--------------------------|------------------------|
| 3 pounds beef | 6 large onions |
| 2 cans (No. 2) corn | 1 stalk celery |
| ½ gallon canned tomatoes | 1 pint okra |
| 4 green peppers | 1 pound butter |
| Salt and pepper to taste | 1 dozen Irish potatoes |
| 1 tablespoon vinegar | |

Cook beef tender and grind—cook remaining ground ingredients in beef broth until done. Mix with beef and cook slowly over low heat 1 hour, stirring constantly to avoid sticking.

Mrs. C. M. Hendrix, Cherokee County

GRANVILLE COUNTY BRUNSWICK STEW

- | | |
|---|--|
| 6 hens | 1 gallon whole peeled potatoes |
| 10 pounds fresh pork (or hog head is excellent) | 2 gallons corn |
| 3 pounds beef (optional) | Seasonings: |
| 2 large onions | 2-3 pounds of butter (depending on amount of fat on meats) |
| 2 gallons shelled butter beans | Salt, pepper and sugar to taste |
| 1 gallon tomatoes (more, if desired) | Several pods of red pepper |
| | 1 bottle tomato catsup |

Cook outdoors in an iron pot. Place all meats and the onion together in the pot with enough water to cover well. Cook meat until tender (about 2½ hours). Add butter beans, tomatoes, some of the butter and the seasonings, except catsup. (Taste while cooking and add more as needed). Stir frequently with hickory stick or paddle. Cook until vegetables are tender. Add whole potatoes (as they cook the stirring causes them to come to pieces and no particles are seen in the completed stew.) Add

water as needed. As the mixture thickens it is necessary to stir constantly. Add more butter if needed. Add corn, cook about 20 minutes and remove pot from fire. Continue to stir for a few minutes to prevent sticking. Add catsup just before serving. Serve while hot with crackers, hush puppies or loaf bread.

Mrs. Robert Lee Daniel, Granville County

CABBAGE MEAT ROLLS

1 cup left over meat (ground)	1 teaspoon salt
(pork preferred)	1 teaspoon pepper sauce
Cabbage leaves (green leaves)	1 egg
1 onion (chopped)	1 cup bread crumbs

Mix crumbs, meat, onion, salt and pepper sauce. Beat the egg and stir into the mixture working all together thoroughly. Wash perfect leaves from the outside of a cabbage. (Put these leaves in hot water and boil just long enough to wilt them so that you may be able to roll them easily). Cool them, and place a portion of the meat mixture on each leaf. Roll lengthwise and tie securely with soft white string. Cook the rolls in salted juice from fresh pork for about 30 minutes. Drain carefully and serve with grated cheese or any desired sauce.

Margaret Blanchard, Avery County

COUNTRY CURED BOILED HAM

Soak ham over night in solution of two cups molasses, two cups of vinegar and water to cover. Next morning drain and add new solution of ingredients used the night before (add spices if desired) and simmer four or five hours. Allow to cool in own juice.

Mrs. Jim R. Bell, Cabarrus County

THE FAMOUS LEASBURG BOILED COUNTRY HAM

Select cured ham; scrape, wash, and soak over night. Cover with water to which one cup brown sugar and one cup vinegar has been added and simmer for about twelve minutes to the pound. **Do not boil.** Allow to stand in water until cool. Remove skin and store in refrigerator overnight before slicing.

Person County

COUNTRY STYLE PORK CHOPS

This recipe was used by my Grandmother Doub, who was Caroline Spach of the Friedberg Moravian group. She was of the Spach family of the Rock House, which is being rebuilt.

6 pork chops

2 tablespoons fat

1 teaspoon salt

Pepper to taste

3 tablespoons flour

2 cups cold water

Roll chops in flour to which salt and pepper have been added. Put fat in pan when hot. Brown chops quickly on both sides. Remove from pan. Add one tablespoon flour to hot grease, brown and add $\frac{1}{2}$ teaspoon salt and the 2 cups of cold water and stir until it is smooth. Add chops to gravy and cook in oven for one hour at 325° F. Steak is delicious cooked by same recipe.

Mrs. W. R. Lasley, Forsyth County

DUMPLINGS

My grandmother, Mrs. Mollie Henley Jonas, who was born March 17, 1851 in Wythe County, Virginia, used the following recipe. My mother, Mrs. Bessie Jonas Johnson, has used this recipe for 48 years and I have used it for 7 years. We use it mainly for dumplings with stewed chicken but can be used with any meat.

3 cups sifted flour

2 teaspoons baking powder

1 teaspoon salt (unless broth

is salty)

1 well beaten egg

1 cup boiling broth

Sift the flour, baking powder, and salt together in bowl. Pour the boiling broth over flour mixture, let stand until cold, add the beaten egg. (If dough is too soft to roll add more flour; if it is too stiff, add some sweet milk.) Roll and cut in your desired shape and thickness. Drop into boiling broth. Cover and cook 12-15 minutes.

Mrs. Meredith L. Richardson, Alleghany County

CORN MEAL DUMPLINGS

2 cups corn meal

1 teaspoon salt

Enough cold water to make soft
dough

Mix thoroughly. Pat out in thin cakes and drop in pot with oysters. Makes 6 medium size dumplings.

Mrs. Lydia Wade, Carteret County

DUMPLINGS

1 cup milk	powder
2 cups flour	2 tablespoons lard
3 heaping teaspoons baking	Scant teaspoon salt

Have chicken or beef broth boiling. Roll dumplings one-fourth inch thick and finger length and drop into boiling broth. Be careful not to pile them on the others. Cover and let boil for fifteen minutes.

Mrs. Annie Kate Trawick, Stokes County

GRITS

Put one cup of grits into four cups meat broth (salted to taste) and add one cup meat bits (chicken, beef, or lean pork) and stir while cooking until well done. Serve hot.

Mrs. Jim R. Bell, Cabarrus County

HASH

2 cups cooked beef cut into small pieces	½ cup chopped green bell pepper
1 cup beef broth	2 large potatoes cubed
1 cup water	⅛ teaspoon black pepper
½ cup chopped onion	1 teaspoon salt
½ cup chopped celery	½ cup tomato juice or canned tomatoes

Place all ingredients in saucepan except tomatoes and cook until potatoes, celery, pepper, and onions are done. Add tomato juice and simmer for five or ten minutes.

Mrs. D. C. Cole, Rutherford County

CORN DUMPLINGS

½ of a ham or shoulder bone	2 eggs
1 quart corn meal)	¼ teaspoon black pepper
¼ teaspoon salt) sift together	1 pod red hot pepper
¼ teaspoon soda)	3 tablespoons lard
1 cup boiling water	

Soak bone in cold water overnight. Cook until tender then pour boiling water over corn meal and stir. Add eggs, pepper and lard. Put meat in a big pan. Make corn dough into patties and drop into the liquid in which the meat was cooked. Add chopped red pepper which has been browned in another pan.

Mrs. Anderson Eudy, Stanly County

SOUTHERN DUMPLINGS

My grandmother Devenny used this recipe during and after the Civil War when she was left with 6 small children. She lived about 25 miles from town and necessity taught her to use the things grown on her small farm.

I call them the "Pass Me Quick Dumplings." They are to be served with pot roast, roast chicken, dried beans and peas.

3 cups of stale bread	¼ teaspoonful pepper
2 tablespoons butter	1 teaspoonful salt
1 cup milk or liquid from meat	Dash of celery powder or chili powder
¼ teaspoonful sage	

Add together and form nut size balls. Drop into liquid and cook under cover 15 minutes. Serve immediately.

Mrs. Clark Harrill, Rutherford County

"KILLIE'S LIVER PUDDING

This is my mother's own recipe and my father speaks of it as "Killie's" pudding, "Killie" being my mother's nickname. This recipe has been used for many years and is still being used by my mother's children and grandchildren.

Cut into medium pieces one hog hashlet (liver, lights, and heart) and one and one-half pounds of skins or fat meat and cook until tender. When slightly cooled put through meat chopper. Place the ground meat back in the broth in which it was cooked. Season with one large onion and salt and sage to suit taste. Let boil and add corn meal a little at a time, stirring constantly. When the mixture turns loose the sides of the pot it is ready to take up and pack into pans or bowls which have just been rinsed in cold water. Good sliced and fried or served cold.

Mrs. C. G. Oldham, Chatham County

ROASTED LAMB

This is one of Mrs. McCracken's own recipe as developed from her mother's methods of roasting lamb. She is quite famous in Haywood County for her Roasted Lamb.

Take a quarter of lamb, place in roaster, put a tablespoon brown sugar and 2 tablespoons salt and 1 small onion, sliced, place on lamb quarter with a cup of water. Roast slowly and when tender, brown lightly.

Mrs. Raymond McCracken, Haywood County

LIVER PUDDING

This recipe belonged to Mary Vinson Sasser and is approximately 100 years old. It has been handed down through four generations. Mrs. Sasser came from Ireland in a boat when she was five years of age. Two of her brothers fought in the battle at Wilmington during the Civil War.

3 pounds liver (any amount can be mixed).

Boil in salt water until tender. Grind in chopper and mix in with liver $\frac{1}{2}$ cup meal and enough sage and pepper for individual taste. Place in oven and brown.

Before browning, pudding may be stuffed like sausage, stored in ice box or freezer and sliced and fried when needed.

Wilson County Council

SLUMGULLION

This was a woodman's and covered wagon dish, cooked in one pot.

Meats—beef, pork—or any meat or meats or game cut in small pieces. Any handy vegetable such as tomatoes, Irish potatoes, butter beans, okra, onions, fresh corn, peppers. This was cooked until all was tender and served in cups or bowls.

Mrs. Jim R. Bell, Cabarrus County

SOUSE MEAT

During the fall and winter months when hog-killing season is at its peak, this old Southern dish is still considered a delicacy.

Boil together hogs head and feet (well cleaned) in enough water to half-way cover the meat. When cooked tender remove bones, and put through a food chopper. Add enough liquid (from which the meat was cooked) to ground meat to make of workable-soft consistency. Mix in seasonings of salt, black and red pepper to taste. When thoroughly stirred and still warm, place souse meat in container large enough for plate or flat object to cover dish. On top of this place a weight or heavy object to press the meat.

When cold, meat will be congealed and ready for use as a delicious sandwich filling, or to serve as the main protein food with a regular meal.

Mrs. W. M. Fulp, Stokes County

SAUSAGE CREAM GRAVY

This recipe has been used in our family for five generations.

Fry 8 or 10 cakes of well seasoned sausage. When done add 1 heaping tablespoon flour, $\frac{1}{4}$ teaspoon sage, a sprinkle of pepper and salt to sausage fat. Stir well, then add 2 cups of whole sweet milk and boil until thick as desired. Boil sausage in gravy. Serve with rice or hot biscuits. This makes a good supper dish.

Mrs. Claude Haithcock, Warren County

SMOTHERED PORK CHOPS

6 pork chops	2 cups canned tomatoes
6 large slices onion	2 cups precooked rice
6 slices green pepper	1 tablespoon Worcestershire
1 cup chopped celery	sauce

Salt and pepper pork chops and roll in flour. Brown on both sides; place large slice onion on each chop; on top of this place ring of pepper. Cook rice in the usual way except not too done. Place 2 tablespoons of rice in pepper ring. Add celery and tomatoes, cover and steam slowly until chops are tender.

Mrs. D. C. Cole, Rutherford County

HOME STYLE CHILI

This is an old-fashioned recipe handed down by my grandmother through the years and the portions given have been tested for their accuracy.

2 tablespoons shortening	1 teaspoon salt
1 cup chopped onions	$\frac{1}{2}$ teaspoon chili powder
1½ pounds ground steak	Few grains cayenne
1 cup canned tomatoes	1 can red kidney beans

Melt shortening in frying pan, add onions and meat, cooking until brown over medium heat. Add tomatoes and seasoning, stir until mixed. Cover pan and cook slowly 45 minutes. Add drained kidney beans and cook until beans are heated through; about 15 minutes.

Serve hot. If more liquid is needed add tomato juice.

Mrs. Hugh Early, Haywood County

CHICKEN *and dressings*



ALABAMA CHICKEN CORN PIE

This is a favorite of the mother of Mr. J. W. Roberts of Barbour Co., Ala. He served in the Calvary during the War Between The States and returned to his home "The Old Roberts Plantation" to live to a ripe old age.

1 small fryer or broiler
6 ears fresh tender corn
½ cup butter

2 teaspoons salt
2 teaspoons sugar
½ teaspoon black pepper

Pastry: Proceed with pastry as for other pies using a top crust. Prepare chicken and corn as for frying. Stew chicken in small amount of water until tender. Melt butter in chicken broth, add salt, sugar and pepper. Put chicken and corn in layers in large skillet or casserole. Pour broth over chicken and corn. Bake at 350° F. for about 25 minutes.

Mrs. Hazel J. Bell, Cabarrus County

CHICKEN CURRY (Persian Recipe)

This is an old Persian recipe given me by my husband's family 20 years ago. They have used it for generations.

1 two-pound chicken
2 small onions

2 teaspoons curry powder
Small piece of butter, size of an egg

Cut up the chicken in small pieces and have sufficient water to cover it. Cook slowly until tender, season thoroughly. Remove the chicken, pour liquid in a bowl and set aside. Cut up the 2 small onions and fry with the butter. When the onions are brown, skim out and put in the chicken. Fry 3 or 4 minutes. Next, sprinkle over it the two teaspoons of curry powder. Pour in the liquid in which the chicken was cooked. Stir well, all together. Stew 5 minutes and thicken with a tablespoon of flour rubbed smooth in a little cold water. Serve with a border of rice cooked dry.

Hamburger or other meats or other fowl may be used.

Mrs. Prince Ibrahim, Forsyth County

CHICKEN-A-LA-KING

- | | |
|--|------------------------------|
| 1 chicken (hen) boiled and
chopped | 1 can mushrooms |
| 1 cup chopped celery | 1 can English peas |
| 1 stick butter or equivalent in
chicken fat | 3 to 6 boiled eggs, chopped |
| 1 small can pimiento | $\frac{1}{2}$ to 1 cup flour |
| | 2 cups milk |

Put butter or grease from chicken stock in saucepan. Sear chopped celery in hot grease (don't have grease hot enough to burn). Add flour and milk to make white sauce. Then add mushrooms, pimiento, and peas. Just before serving add chicken and eggs. Add chicken stock to get desired consistency. (This is good to freeze—omitting the eggs until time to heat).

Scotland County

MOTHER'S DELICIOUS CHICKEN

- | | |
|-------------------------|--------------------------|
| 1 medium size chicken | Salt and pepper to taste |
| 1 pint can tomatoes | 1 teaspoon sugar |
| 4 onions (chopped fine) | 1 tablespoon butter |

Cut up chicken as for stewing. Put in a stew pan, cover with boiling water and cook slowly until tender. Take pieces of chicken out of liquor and cut meat off of bones. Put the bones back in liquid and boil for 30 minutes more. Remove the bones and put the small pieces of chicken into liquor, add tomatoes, onions, salt, pepper, sugar and butter and cook slowly until onions are cooked. Have ready one dozen slices of toast. Pour over toast, serve hot.

Note—If chicken is very fat, add more water to liquor, and reserve part of liquor for soup.

Mrs. E. F. House, Sampson County

CREAMED CHICKEN

- | | |
|---------------------------------|------------------------------------|
| $\frac{1}{4}$ cup butter—melted | 2 cups broth or 1 cup broth and |
| $\frac{1}{4}$ cup flour | 1 cup thin cream |
| $\frac{1}{2}$ teaspoon salt | 2 cups cooked chicken cut in cubes |
| $\frac{1}{4}$ teaspoon paprika | |

Melt butter, add flour, salt and paprika. Stir and mix thoroughly. Add liquid and cook over low heat until of medium consistency. Add chicken and heat through. Serve in toast cups or on slices of toast.

Union County

CHICKEN PIE

1 large chicken, cooked
1 pound lean pork, cooked
1 cup chicken broth
Salt and pepper

Butter
Pastry to cover and strip large
baking pan about 12" x 16"

Line baking pan with pastry. Bake in hot oven until lightly browned. Remove meat from chicken; mix with cooked pork and put in baked pie shell. Salt and pepper to taste and dot with butter. Pour over one cup chicken broth. Put pastry strips on top and bake in a very slow oven for 1 hour. For a thicker pie use two chickens and omit the pork. The larger pie will serve 12 to 15 generously.

Mrs. Claude Sigmon, Catawba County

JOHN IVY SMITH'S BARBECUE CHICKEN (Outdoor Method)

Mr. John Ivy Smith caters by appointment to small groups in eastern Duplin County. His barbecued chicken has won for him a reputation of being extraordinarily good; AND, IT IS!!

Select a 3 pound chicken, split on breast and cook on a grill over wood coals with flesh side down, until almost done. Dip chicken in hot sauce and turn over to finish cooking. When done, dip chicken again in hot sauce and serve immediately. It takes about 3 hours to cook over wood coals.

JOHN IVY'S HOT SAUCE

Mix together in a sauce pan:

1 pint vinegar
1 tablespoon salt
1 teaspoon sugar
½ stick margarine (or equal
amount lard)

Red pod pepper (or ¼ cup of
ready prepared hot sauce
Dash black pepper

Let mixture come to a boil and keep hot to use each time to dip chicken.

Barbecued chicken may be prepared indoors, by setting the oven at 350° F. Place open broiler with rack in center of oven. Place split chicken on rack with flesh side down. Cook about 2 hours, keeping a little water in bottom of broiler to keep chicken moist. Dip in John Ivy's Sauce. Turn chicken over and cook until done. Dip again in hot sauce and serve immediately.

Mrs. Andrew Miller, Duplin County

MEXICAN FRIED CHICKEN

1 quart water
¼ cup vinegar

½ to ¾ teaspoons chili powder
Salt to taste

Boil chicken and cook slowly until tender in this broth. Let cool in broth. When cool, drain well. Fry in deep fat until a golden brown. Delicious served hot or cold. Fine for a picnic.

Mrs. L. L. Harvin, Pender County

NORTH CAROLINA CHICKEN PIE

A number of years ago Mrs. Zeb Conley sent a family recipe for chicken pie to the **Woman's Home Companion**. The recipe won a \$10 prize for Mrs. Conley. North Carolina Chicken Pie, as Mrs. Conley remembers, was made by her grandmother, Mrs. Levi Whitehead of Winterville, North Carolina.

Dress and singe a fowl. Put in sauce pan with boiling water to cover, add a sliced carrot, one stalk celery, one sprig parsley, and one sliced onion. Bring to the boiling point, cover and simmer until the fowl is tender allowing about 30 minutes to pound. When half done season with salt and pepper. Line a shallow baking dish with pastry, then a layer of cut up boned chicken, then a layer of pastry. Boil chicken stock down to 3 cups, strain and skim off most of the fat. Mix 4 tablespoons flour to a smooth paste with cold water and add to the stock. Bring to the boiling point, stirring constantly and add to the chicken in the baking dish, put in oven and cook until bottom crust is nearly done. Then add remainder of stock, if any, and cover with pastry, cook slowly until crust is brown. Serve immediately.

Mrs. Zeb Conley, Macon County

PRESSED CHICKEN

1 3-pound chicken
1 cup chopped celery
5 hard-cooked eggs
¼ teaspoon mustard

Salt and red pepper
1 tablespoon gelatin
2 tablespoons cold water
(A little lemon juice to taste)

Boil the chicken gently until the meat easily falls from the bones. Chop chicken meat fine, add chopped celery and eggs diced. Mix together adding the seasoning to taste. Soak gelatin in cold water and dissolve in the liquor (there should be 2 cups) in which chicken has been cooked. Let broth cool and add chicken mixture. Turn into mold and chill until firm. Cut in squares and serve on lettuce leaves with or without mayonnaise.

Transylvania County

PLANTATION FRIED CHICKEN (Milk Tenderized)

1 2½ pound fryer, cut up	2 teaspoons salt
1 cup milk	⅔ cup corn meal
1 egg, slightly beaten	

Remove skin, place chicken in bowl and add milk. Place in refrigerator for three hours. Blend 1 tablespoon of this milk with the egg. Dip chicken in egg mixture, then in salted corn meal. Melt grease to a 3 inch depth in frying kettle or saucepan. Fry chicken in hot grease until brown and tender.

Mrs. Earl W. Ballard, Harnett County

SOUTHERN FRIED CHICKEN

This recipe was handed down to me by my mother and grandmother. My mother, the late Mrs. L. S. Clemmer (Nee) Mary Louvenia Paysour, was daughter of the late Mr. and Mrs. David Rufus Paysour of Gaston County. Grandfather Paysour lost an arm in the Confederate War and was later Register of Deeds of Gaston County.

Coat a 3 pound frying chicken with flour and seasonings to taste. Melt two tablespoons butter and four tablespoons lard in frying pan. Fry, and turn chicken in hot fat until a golden brown. Pour in boiling water to almost cover. Cook, covered, until tender. If water boils away add more for gravy.

Mrs. R. E. Rhyne, Catawba County

CHICKEN OR TURKEY DRESSING

This recipe has been handed down from mother to daughter and daughter-in-law for 5 generations. There are no accurate measures. It can be seasoned to taste. My family does not like any other dressing.

1 cup corn bread crumbs (day old bread is better)	Liver & gizzards from chicken or turkey
6 to 8 slices of toast	4 hard boiled eggs

Crumble the toast and chop the eggs and liver and gizzards rather fine. Mix with corn bread crumbs and soften with broth from the chicken or turkey. Add onion, salt and pepper to taste. Put in baking dish. Dot with butter and brown in moderate oven.

Mrs. Ralph Daughety, Lenoir County

CHICKEN DRESSING

A handed down Civil War recipe. It was my grandmother's.

1 quart of chicken broth

2 cold biscuits

2 cups of corn meal

Salt and pepper as desired

Crumble biscuits in broth and let it stand until dissolved. Then put on stove and stir the meal in. Let it cook slowly for thirty or forty minutes, then it is ready to serve with baked chicken.

Mrs. C. J. Maddrey, Wilson County

DRESSING FOR CHICKEN, TURKEY, BEEF OR PORK

This was my mother's recipe 40 years ago.

2 quarts cracker and bread crumbs to soak the crumbs)

1 pint broth in which the meat

4 eggs

has been cooked, (or enough

1 teaspoon black pepper

Mix all together and bake in oven 350° F. 1½ hour or until it puffs up and browns. Celery seed may be added if you like it. Oysters are fine in the dressing. Use 1 pint oysters and a little less broth. It takes a little longer to bake it. Onion lovers like onions in the dressing. Taste before baking as the dressing may not be salty enough. If it isn't, add a little salt.

Mrs. Rufus F. Todd, Forsyth County

OLD-FASHIONED CHICKEN PIE

Grandfather Saunders was a blind doctor who had his office in his home. Here he treated all his patients except for one day a week, then daddy took him to Wilson. Mother says most of the people who came to his home to be treated stayed for dinner and this was a favorite dish of theirs.

1 chicken (hen preferred)

1 tablespoon shortening

¼ pound butter

½ cup water

1 pint flour

Black pepper and salt to taste

Boil the chicken until well done. Then cut the shortening into the flour and make the flour up using water. Roll out crust and line a baking dish. Put in a layer of chicken which has been cut in very small pieces. Put some of the butter, broth as needed and a sprinkle of pepper. Then put a crust over this. Then another layer of chicken, butter, broth and pepper. Do this until you have used all your chicken and butter. Top with crust. Bake about 40 minutes very slowly. Serves from 6 to 8 people.

Mrs. Clifton Jenkins, Wilson County



GAME

RABBIT

Cut up a young rabbit and soak in salt water for a few hours or overnight. Have a pan hot with just a little fat in it. Add the floured rabbit and cook slowly with a cover on the pan until brown on both sides.

Mrs. Stephen Watson, Wilson County

RABBIT

This is the way my mother, grandmother, and I always cook rabbit.

1 or 2 rabbits (dressed)

1 small pod hot red pepper

1 small slice fat back meat

Salt to taste

Use enough water to cover when boiling. Cut the rabbit up and boil the rabbit, meat and pepper together until rabbit is real tender. Remove from liquid and brown in hot fat. This is good served with corn bread.

Mrs. L. C. Deaton, Montgomery County

Recipes from the Foods and Nutrition Department, Home Demonstration Division of the Extension Service.

VENISON

The term "venison" applies broadly to the flesh of all animals with the peculiar type of horns called antlers. Usage has limited it largely to deer or elk flesh. The actual cookery of venison differs very little, if at all, from domestic-meat cookery. It should be cooked medium to well done—a wise rule to follow in cookery of game in general. Tender cuts of young animals are cooked by dry heat—roasted, broiled, or fried. Tough cuts are cooked slowly by moist heat—braising, pot roasts, stews, casserole dishes.

Venison is likely to be lean. Fats have to be added generously to keep meat moist and juicy.

WILD DUCK OR GEESE

Season the inside cavity of the dressed duck or goose with salt and pepper. Fill the cavity with a mixture of raw chopped celery, onions, apples and white potatoes seasoned with salt and pepper. (These help absorb some of the wild game flavor.)

Rub the outside surface of the bird with a cut onion and bacon fat. Place on a rack with breast down in a roaster with a close fitting lid. Pour one cup of water in the roaster, cover and cook in a slow oven (300° F.) about one hour. After the first hour, turn the bird with breast up and cook until tender.

Remove the cooked vegetables from the cavity when the duck or goose is done. (I discard this, as it is too strong in flavor.) Stuff the bird with one of the following: a highly seasoned bread dressing, cooked wild rice, or sauerkraut. Brush the outside surface of bird with butter or margarine. Place in a shallow pan and return to the oven (350° F.) to brown.

ROAST VENISON

Use a 3 to 5 pound piece of loin, round or shoulder from a young deer, elk, or caribou. Lard it with salt pork strips if very lean or cover with slices of bacon or salt pork. Place on rack in shallow pan. Insert meat thermometer with bulb in center of meat. Roast in slow oven (300°-325°F.) until medium to well done, or until meat thermometer registers 175°-180°F. Allow 35 to 45 minutes per pound. Serve with gravy made from drippings in pan. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

VENISON STEAKS

Rub the steaks with salt and pepper and brush generously with melted butter, as venison is a dry meat. Put in a greased broiler and cook over hot fire, browning well on both sides. The length of time for cooking will depend on the thickness of the steaks, but they must not cook too long, as venison should be cooked underdone. Place the steaks on a very hot platter.

Melt $\frac{1}{2}$ glass currant jelly and pour around (not over) the venison and serve immediately.

ALASKAN VENISON ROAST

4 pound roast of venison

Salt pork

1 apple, peeled and sliced

1 onion, sliced

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon allspice

2 bay leaves

2 sprigs of rosemary

Wipe meat with a damp cloth. With a wide knife make gashes in roast about two inches apart and half the thickness of the roast. Place a slice of salt pork, thin slice of apple and slice of onion in each gash. Top with another slice of onion. Sprinkle the top with salt, pepper, allspice, bay leaves, and rosemary. Insert meat thermometer into thick muscle with bulb in center. Place the meat on a rack in an oven roaster. Roast, uncovered, in slow oven (300°-325°F.) 2 to 3 hours, or until the internal temperature of the meat has reached 170°F. Venison should be roasted medium done. Allow 30 to 35 minutes to the pound. To serve, remove the spices and place meat on a hot platter. The gravy may be thickened if desired. Approximate yield: 8 servings.

BROILED VENISON

Use tender cuts from loin or leg, about ½ to ¾ inch thick. Brush with olive oil and broil 10 to 20 minutes; season with salt and pepper and serve with Lemon Butter. To panfry, brush hot frying pan with fat and fry, uncovered, turning frequently to cook evenly. If venison is strong, marinate in oil and lemon juice or French dressing for 1 hour before broiling. Allow ½ to ¾ pound per portion.

VENISON STEW

The shoulder or saddle of venison is best for the stew. Place the meat in an earthen jar and cover with vinegar. To the vinegar add 3 or 4 onions, sliced, and ½ dozen bay leaves before pouring over the meat. Allow to stand at least two days before cooking, then remove the meat from the brine and wash it in cold water. Add boiling water and stew slowly until tender. Remove the meat and make gravy from the broth. Venison cooked in this way is delicious making a wonderful dish from the undesirable cuts.

VENISON CUTLETS

Use tender cuts from loin, about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick; marinate in oil and grape juice for 1 hour. Drain, sprinkle with salt and pepper, roll in flour, dip in slightly beaten egg and roll in fine bread crumbs. Saute in butter 10 to 12 minutes, turning frequently. Place meat on hot platter; add $\frac{1}{4}$ cup currant jelly to drippings, stir, bring to a boil and pour over steak. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.



BAKED SHAD (1780)

Place in large pan and cover with water. Put in oven, let simmer from 4-6 hours in wood stove. Stuffing for a 6 pound shad, take 2 pounds butter, 10 eggs, 2 quarts bread crumbs toasted, salt and pepper. Mix this up together then stuff shad. Then with needle and thread sew up. If the fish should get too hot, place a cloth over the top.

Lincoln County

ROCK FISH MUDDLE

Handed down by Mr. Harvey Lassiter of Lasker, North Carolina, in 1944. Mr. Lassiter is now deceased. Perhaps this recipe has been used in the town of Lasker for many years since this little town is noted for getting together for feeds. This is written in words of Mr. Lassiter, just as he wrote it.

30 pounds fish out of water
3½ pounds fat bacon cut into small cubes. Fry bacon brown and take bacon and grease out of pot. Put in fish heads with insides to the pot. Add in brown bacon and grease as you put in the fish. Lay flesh side of fish to pot. Never salt until fish are cooking. Add water to about cover the fish. Add water if

needed while cooking. Add salt and pepper any time to taste. One hour before fish are done, put in 3½ pounds onions to top of fish. Never stir until ready to serve. Cook from 2½ hours to 4 hours according to size of muddle. Cook slow for first half hour, then hard for next two hours, then slow down.

Mrs. T. T. Stephenson, Northampton County

Note: Northampton County is famous for Rock Muddle since the Roanoke River is so near. This is definitely a Northampton dish. In early spring everyone turns out for county and community "Rock Muddles". It is different from and better than stewed fish.

HATTERAS STYLE DRUM FISH

The drum, or channel bass, is perhaps the best liked fish among the people of Hatteras Island, who have a wide variety to choose from. It was formerly sided, salted, dried and stacked up, and was available at all times, to be soaked out and cooked. Thrifty housewives now pressure-can enough for their own needs. It is cooked, fresh by many methods, but the following is a traditional style:

One side of drum, about a foot and a half, with head and tail removed, boiled in water with plenty salt and pepper, until tender. This should be lifted out in two or three pieces and placed on a platter, to be mixed at the table. Boil and mash 8 medium potatoes, salted. Have $\frac{1}{2}$ pound fat salt pork cut into tiny pieces and fried crisp. Place them in a small dish and pour some of the hot grease in a small pitcher. Mince a medium sized onion and place in small dish.

As in a tossed salad, half the pleasure of eating it is in watching the mixing. So it is with the ritual of mixing Hatteras Style Drum Fish. The novice has to be shown the first time, but can hold his own with his second and third helpings.

On each serving plate, place a heap of mashed potatoes, a large "hunk" of fish, a spoonful (more or less) of cracklins and onions. Mix thoroughly, season with the drippings and more salt and pepper, if desired.

Some like it mixed in the kitchen and brought to the table ready to eat, perhaps garnished with hard boiled eggs, parsley, etc., but all agree that it's wonderful food, especially when served with plenty of corn bread (not the sweet variety), coffee, pickles and a crisp raw vegetable. Serves six hungry people.

Mrs. Rebecca Burrus, Dare County

FISH AND CHIPS

In England, the natives have a combination which they call "Fish n' Chips." Chips to an Englishman mean what an American calls French fries. Fish and Chip shops are scattered all over England and they are sold wrapped in paper. They are nibbled in the shop, on the street or on the beach.

1 pound fish fillets
1 egg, slightly beaten
 $\frac{1}{3}$ cup milk
1 teaspoon salt

$\frac{1}{4}$ cup of flour
1 cup fine bread crumbs
Dash of pepper

Mix eggs, milk, salt and pepper together. Cut fillets into pieces a little larger than french fried potatoes. Dry. Roll in flour. Dip in egg mix and then roll in bread crumbs. Fry in small amount of fat, turning to brown on both sides, or fry in deep fat 360° F. until done. Serve with French fried potatoes.

OVEN FRENCH FRIES

Turn oven on at 450°F. Brush cut potatoes with salad oil. Place on oiled cookie sheet. Place in oven and cook 25 minutes or until brown. After about 10 minutes, turn and brush again with oil. Continue cooking until brown.

Mrs. Ronald Edwards, Wilkes County

PARSON EARL'S DRIED HERRING

Parson Earl introduced commercial herring into this section when he came from Bandon, Ireland, in 1754 as a missionary of the Society for the Propagation of the Gospel in Foreign Parts and became Rector of St. Paul's Episcopal Church, Edenton, N. C. He built a home on the Chowan River and named it "Bandon." This is now the home of Mr. & Mrs. John Fletcher (Mrs. Inglis Fletcher, Author). This recipe for Dried Herring is still used in Chowan and other counties in the Albemarle area.

His favorite dish was Dried Herring. To fix these the gills were removed from the fresh caught herring, then the herrings were put in a strong brine for 3 days. To tell when the brine was strong enough they added salt until it would float an egg. The herring were then removed from the brine and hung up on reeds to dry. They would keep for several months this way. As they were wanted for a meal they were taken from the reed, skinned and soaked in water for several hours to remove the salt. They were then boiled or fried to suit the taste of the family.

Mrs. E. N. Elliott, Chowan County

DEVEILED CRAB

From an old cook book in the Frank Wood Family, Edenton, N. C.

1 can crab meat
6 eggs
½ stick butter
About ⅓ bottle Worchester-
shire sauce

Salt, pepper, mustard and
cheyene (to taste)
⅓ teaspoon nutmeg
Grated bread crumbs (already
browned)

Beat eggs and then add crab meat and beat again well. Add all ingredients except butter. Put the butter in the pan that crab meat is to be cooked in and put on stove to melt. Grate a few crumbs in the crab meat and put it all in the melted butter. Grate a few crumbs on top. Cook 5 or 10 minutes. Serve hot. Cook in a pan a little thicker than aluminum.

Chowan County

FISH

Cut fish into desired pieces, salt to taste, roll in flour and cook in a hot, deep fat until each piece is a rich brown and tender. Remove fish from pan and fry hush puppies in the fat.

HUSH PUPPIES

4 cups meal	1 cup sour milk
6 large onions (chopped)	2 eggs
1 cup flour	1 teaspoon salt and dash of pepper
1 teaspoon soda	

Mix together all ingredients. Roll into small rolls and fry brown on both sides. Cook slowly until well done.

Mrs. C. M. Hendrix, Cherokee County

CLAM FRITTERS

You can tell by the recipe below that my folks were "coast people." As far as I know the recipe is much over a hundred years old.

24 soft clams	1 cup milk
2 cups flour	½ cup clam liquor
1 teaspoon baking powder	2 eggs
½ teaspoon salt	Salt and pepper

Make a batter of flour, baking powder, salt, milk, clam liquor and well beaten eggs. Chop clams, season with salt and pepper. Add to the batter and drop by tablespoonfuls into deep fat.

Mrs. L. D. Tomlinson, Sr., Wilson County

CLAM FRITTERS

2 cups finely ground or	2 beaten eggs
chopped raw clams (save	1 teaspoon salt
juice)	Milk or water to mix
1 cup sifted flour	Pepper—use generously

Mix flour with dry ingredients. Add enough milk or water to

clam juice to make 1 cup liquid. Stir liquid into flour. Add beaten eggs and clams. The batter should be thin like pancake batter. Fry on hot griddle or heavy skillet in shallow grease. Fritters should be from 3 to 4 inches in diameter. Makes around 20.

Mrs. J. R. Mayberry, Carteret County

WILLISTON CLAM CHOWDER

1 quart water	1 medium size onion
1 quart clams, chopped fine	¼ pound salt pork, cubed
2 medium size white potatoes	Salt and pepper to taste

Cube pork and fry until crisp and brown. Cube potatoes and onions. Bring clams and water to boil. Add pork and drippings, potatoes, onions, salt and pepper and cook for one hour. Add water as needed to keep chowder from cooking dry. Serves 6 generously. Add corn meal dumplings the last fifteen minutes of cooking if desired.

Mrs. Lydia Wade, Carteret County

PINE BARK FISH STEW

This dish is served for outdoor parties in the Pee Dee section of South Carolina where barbecue would probably be served in North Carolina. Its name comes from the fact that General Francis Marion's Revolutionary Soldiers were supposed to have eaten it from pine bark plates when hidden in swamps of the Carolinas.

Today when it is served on the river banks where the fish are caught a pie tin may be used for serving. Indoors a deep soup plate is filled with a mound of fluffy rice, and whole fish is laid on top of this and the highly seasoned tomato sauce ladled over all. It is eaten with a dessert spoon (soup spoon) with a knife or fork to help with the fish bones.

6 or more good sized Bream	2 tablespoons sugar
3 slices bacon or salt pork diced	½ teaspoon ground cloves and tea-
3 medium onions sliced	spoon cinramon
1 large bottle of catsup or	2 teaspoons salt
1 can tomato paste	Red pepper pods or tabasco
¼ cup vinegar	Black pepper to taste

Cook diced pork in a heavy iron pan. Remove bits of meat and add sliced onions, cooking them a little. Lay whole fish on top of onions using one or more per person depending on size of fish. Cover all with catsup or tomato paste to which seasonings are added. If necessary add some extra fresh or canned tomatoes or

tomato juice. Add salt and pepper to taste and then some more pepper. Simmer slowly 20-30 minutes without stirring but lift slightly to prevent sticking to bottom of pan. Serve a whole fish on a mound of fluffy rice (use about 1½ cups rice for six). Ladle the sauce over all and serve very hot.

This seems to be akin to the French Bouillabaisse and was perhaps a Huguenot importation.

Mrs. Maude P. McInnes, Wake County

FRIED FISH AND HUSH PUPPIES

Cherokee County is noted for its hospitality, beautiful scenery, community picnics, and fish fries. We like to think that it was on the banks of the Hiwassee River at one of the fish fries that the famous "hush puppy" got its name. Traditionally speaking, hunters and fishermen would gather on the banks of the river for their fish fries. While the fish was frying, the pups would howl, and to quiet them, bits of the fried bread was thrown to them which gave it the name "hush puppy".

FRIED OYSTERS

This recipe was used in the 1880's by Mrs. Nellie Moon, Mrs. Taylor's mother.

Select large oysters for frying. Drain them in a colander and dry on a soft towel. Season with salt and pepper. First roll them in cracker dust, then dip in beaten egg, roll again on cracker dust and fry to a nice brown in butter or lard in a deep frying pan. Heat lard sufficiently to cover the oysters; as soon as it is boiling hot, put in oysters to cover the bottom. As soon as they are brown, skim out and serve hot.

Mrs. J. Spot Taylor, Stokes County

OYSTERS—OVEN STEAMED

Oysters cooked this way have been enjoyed in our family for many years, being a recipe I learned from mother. I do not know the exact age but it is quite old.

Take oysters that have been opened and clean by washing in one quart of water to which ½ cup of salt has been added. Drain. Grease pan or similar container and place oysters in it one layer thick. Dot with butter and season with salt if necessary. Put in oven or under broiler until edges begin to curl. Serve with any desired sauce.

Mrs. H. C. McDonald, Craven County

TIDEWATER VIRGINIA PICKLED OYSTERS

This recipe was handed to me by my grandmother, Mrs. Leonard Hyslop, who was Miss Georgeanna Pullen before marriage. It was handed down to Grandmother Hyslop by her grandmother (my great, great grandmother) who reared her. Her own mother having died during the yellow fever epidemic that struck Portsmouth, Virginia, before the Civil War.

Strain liquor from oysters and to every pint add one quart of vinegar, one tablespoon of whole cloves, one tablespoon of black pepper, and one teaspoon of mace. Heat liquor and vinegar. Add spices and bring to boiling point. Add oysters and allow to come to boiling point. Serve ice cold with a turkey dinner. They are delicious! Grandmother Hyslop liked to add a lump of butter the size of an egg, while the mixture is still hot, and before chilling.

Mrs. W. R. Grant, Montgomery County

SCALLOPED OYSTERS

1 quart standard-type oysters	$\frac{1}{4}$ cup celery, diced
2 cups top milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ pound salty crackers	$\frac{1}{2}$ teaspoon black pepper
3 tablespoons butter	

Add alternating layers of oysters, crackers and celery in baking dish, beginning and ending with crackers. Dot with butter and black pepper. Add salt to milk and pour over mixture. Place baking dish uncovered in oven and bake 45 minutes at 345 degrees F. Serves six.

Mrs. Brown Murdock, Iredell County

CORE SOUND OYSTER STEW

This is a very old recipe but still in use today.

2 quarts oysters	$\frac{1}{2}$ teaspoon black pepper
1 cup water	Salt to taste
$\frac{1}{4}$ pound salt pork (cubed)	

Wash oysters well and place in saucepan. Cube pork and fry until crisp and light brown. Add pork and drippings to oysters. Bring to a boil. Add corn meal dumplings if desired, and cook 15 to 30 minutes or until done. Serves 6 generously.

Mrs. Lydia Wade, Carteret County

PICKLED OYSTERS

Take one gallon oysters and lift them out of juice. Wash, strain juice and put into kettle with a little salt. When juice comes to a boil, put in oysters and stew them until firm and white. Take from liquor. Add to boiling liquor:

1½ pints vinegar	1 ounce black pepper (whole)
1 ounce allspice (whole)	1 ounce mace (whole)

Let boil up and set aside to cool. When cold pour over oysters.

Mrs. John G. Wood, Chowan County

PICKLED OYSTERS

The following recipe has been preserved by the niece of Miss Marcia Albertson, Pasquotank County's first Home Agent, who is now 91 years old. This recipe was considered "tried and true" back to Miss Marcia's day.

100 large oysters	2 dozen whole black peppers
1 pint white wine vinegar	1 large red pepper broken into bits
1 dozen blades of mace	
2 dozen whole cloves	

Put oysters, liquor and all, into a porcelain or bell-metal kettle. Salt to taste. Heat slowly until the oysters are very hot but not to boiling. Take them out with a perforated skimmer, and set aside to cool. To the liquor which remains in the kettle, add the vinegar and spices. Boil up fairly, and when the oysters are almost cold, pour over them scalding hot. Cover the jar in which they are and put away in a cool place. Next day, put the pickled oysters into glass cans with tight tops. Keep in the dark and where they are not likely to become heated.

Mrs. J. L. Shipley, Pasquotank County

TUNA FISH LOAF

1 can tuna fish (small)	4 cups corn flakes
1 small package potato chips	1 can mushroom soup

Mix thoroughly the above ingredients. Place in well greased pyrex dish and bake at 350° F. for 30 minutes. This is a very good dish to serve hot or cold. Cut in slices. Yields six servings.

Mrs. Joseph N. Honeycutt, Pender County

SHRIMP DIVAN

1 box frozen asparagus or broccoli (I like broccoli better)	½ cup cheese
1 pound shrimp, cooked and peeled	½ cup cream
4 tablespoons butter	1 egg yolk, slightly beaten
3 tablespoons flour	1 teaspoon salt
1½ cups milk	Dash each of pepper, cayenne, nutmeg, and paprika

Cook broccoli as directed. Also cook, peel, and clean the shrimp. Melt butter in saucepan, add flour and stir until smooth. Add milk gradually, stirring constantly. Then cook and stir until thickened. Add cheese. Combine cream with egg yolk and add gradually, stirring constantly. Add seasonings. Cook and stir over low heat 2 or 3 minutes. Add shrimp.

Arrange broccoli in shallow baking dish, cover with the shrimp sauce and sprinkle with paprika. Brown in broiler 2 minutes. Serves 4 to 6. (If you like shrimp and broccoli this is good!)

Judge Susie Sharp, Rockingham County

SALMON OR TUNA FISH AND POTATO CASSEROLE

4 cups of cubed cooked potatoes	of mushroom soup
1 cup drained salmon or tuna fish	Salt and pepper to taste
2 cups of white sauce or 1 can	¼ cup butter

Line your casserole with a layer of potatoes then a layer of salmon or tuna fish, etc. Add your sauce over the ingredients and sprinkle buttered bread crumbs on top and bake for twenty-five minutes at 350° F.

Mrs. Claude W. Jeffreys, Alamance County

MOCK TURTLE SOUP

1 shank of beef—3 to 4 pounds	1 small can tomatoes
4 potatoes (white)	1 large onion

Cover well with water to cook. Let stand overnight. Skim and strain. When ready to use, put strained juice on stove with—

1 tablespoon whole cloves	4 hard cooked eggs
Salt to taste	

When ready to serve slice eggs and 3 lemons and place in bottom of dish.

Add ½ pint sherry wine

Mrs. E. N. Elliott, Chowan County

SEA TURTLE HASH

Sea turtle hash is definitely a "he man's" dish from the briny deep; and this recipe has been handed down in my family of Cape Hatteras fishermen for several generations from the sailing vessel era when men were men, but may be enjoyed without prejudice, by the entire family. My mother prepared it in an old-fashioned, fireplace style, iron pot over a wood fire; and I don't claim to compete with her for flavor and aroma but my modern pressure cooker certainly saves time.

Take any sea turtle you are lucky enough to get but the following ingredients are for a smaller size sea turtle. If your turtle is too large for one meal, by all means can or freeze it for a future feast.

Chop off the turtle's head. Cut the complete legs away from the shell and entrails. Scald legs with boiling water; remove outside layer of skin and nails. Rinse legs in cold water. Place whole legs in pressure cooker with one quart of water and a teaspoon of soda.

Process at 15 pounds pressure for 30 minutes. Remove turtle legs from water and cool. Dice $\frac{1}{4}$ pound salt pork into small pieces and fry in a heavy cook pot. Remove salt pork. Slightly saute' 4 medium onions in salt pork fat. Add the following:

Salt pork	diced into small pieces, including black fat and gristle, but remove the bones.
1 cup of water	
4 pounds diced white potatoes	Salt and pepper to taste
Turtle legs which have been	

Cover and cook until potatoes are tender and gravy is down to minimum.

Delicious served with young green spring onions, a tossed salad, and hot cornbread cakes, to say nothing of youpon tea.

Mrs. Odessa Wasili, Currituck County



CHEESE *and* EGGS

BAKED CHEESE

This recipe has been in the Bailey family for at least five generations. They used to make it for a special treat at Thanksgiving and at Christmas.

$\frac{1}{2}$ pound cheese
Dry bread crumbs

3 tablespoons sugar
 $\frac{1}{2}$ cup milk

Cube cheese and place a layer in bottom of baking dish. Next cover with bread crumbs, and sprinkle with a little of the sugar. Alternate layers of cheese, bread crumbs and sugar, until all are used up, ending with bread crumbs. Cover with milk and bake in moderate oven until cheese is melted and brown on top.

Mrs. Harry Bailey, Sr., Mitchell County

CHEESE BALLS

Mash with fork 2 packages Cream Cheese. Soften with salad dressing. Add one small onion, finely grated. Season with salt and pepper and garlic salt if desired. Roll into small balls, then roll in finely chopped pecans.

Kathleen J. Eakins, Pender County

CHEESE BAKE (Original Recipe)

4 eggs
1 cup milk
1 cup grated Cheddar cheese

8 slices bread
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon black pepper

Beat eggs until yolks and whites are well mixed. Combine with cheese, milk, salt, pepper. Butter square baking dish or pan. Place 4 slices bread in bottom of dish. Pour over bread $\frac{1}{2}$ cheese mix. Repeat. Bake in moderate oven $\frac{3}{4}$ hour, or until firm through center and brown on top. Serve with tomato slices.

Mrs. Jeanette Baucom, Gaston County

MACARONI CASSEROLE

- | | |
|---------------------------------|---------------------------------|
| ½ six ounce box macaroni | 2 beaten eggs |
| 2 cups cooked tomatoes | ⅓ cup diced green pepper |
| 1 cup bread crumbs | 1 teaspoon minced onion |
| 1 cup diced cheese | ¼ cup melted butter |

Boil macaroni in salted water. Drain and add above ingredients. Bake in greased casserole 35 minutes at 350°F.

Mrs. Stephen Watson, Wilson County

MACARONI AND CHEESE

- | | |
|----------------------------|--------------------------------|
| 2 cups macaroni | 1 pint sweet milk |
| ½ pound cheese | ¼ cup butter |
| 1 cup soda crackers | ⅛ teaspoon black pepper |
| crushed | Salt |
| 2 eggs | |

Cook macaroni in water until tender. Place layer of macaroni, cheese and cracker crumbs in baking dish, continuing until all is used. Thoroughly beat eggs. Add milk. Pour over macaroni, sprinkle pepper and salt. Dot with butter, bake in moderate oven for 30 minutes.

Mrs. W. J. Cotton, Harnett County

MACARONI WITH CHEESE

- | | |
|----------------------------|-----------------------------------|
| 1 cup macaroni | ¼ chopped or grated cheese |
| 1½ cups white sauce | Buttered crumbs |

Break macaroni into pieces 1 inch long, boil, strain, and rinse. Stir cheese into hot, well-seasoned white sauce and put macaroni and sauce in buttered baking dish in layers. Sprinkle buttered crumbs on top and brown well in hot oven. (400°F.) Serves 6.

Mrs. Emmett Winslow, Hertford County

CHEESE SPREAD

- | | |
|-------------------------------|------------------------------------|
| Grind together: | 1 tablespoon vinegar |
| ½ pound cheese | 1 tablespoon tomato catsup |
| 1 small bunch parsley | 1 tablespoon Worcestershire |
| 1 small onion | sauce |
| Add: | Salt to taste |
| 1 tablespoon olive oil | |

Cream as a paste. When desired add salad dressing.

Mrs. A. R. Currin, Granville County

CHEESE-TOMATO-GREEN PEPPER SANDWICH

8 slices of bread	Mayonnaise
¼ pound medium sharp cheese (sliced)	Salt
4 small tomatoes (sliced)	Pepper
1 green pepper (cut in rings)	Sugar

Spread each slice of bread with mayonnaise, and cover four slices with strips of cheese. Arrange on baking sheet and place under boiler approximately 3 minutes or until cheese melts and the 4 slices of bread spread with mayonnaise are slightly toasted.

Remove from oven. Quickly place sliced tomatoes over toasted cheese. Season, to taste, with salt, pepper, and sugar. Put 2 or 3 green pepper rings over tomato and top with second slice of bread.

Mrs. G. P. Wilkinson, Jr., Granville County

CHEESE STRAWS

½ pound butter (not quite as much if you use margarine)	½ pound cheese, grated
½ pound flour, plain	¼ teaspoon salt
	Cayenne pepper

Weigh all ingredients. Have butter and cheese at room temperature. Mix as for pie crust so that it just will stick together.

(May be made as biscuit or straws. If biscuit: Roll to ¼ inch thick. Cut with inside of doughnut cutter and when cooked are crisp all through)

Put mixture into a cookie press. Make straws about 1 inch wide and 2 inches long. Bake at 400° F. for 15 minutes. This temperature and time may vary. Do not overcook.

Martha Crowell, Granville County

CHEESE SOUFFLE

4 tablespoons fat (I use butter)	½ cup grated cheese
1 cup sweet milk	3 eggs (whites and yolks beaten separately)
½ teaspoon salt	
4 tablespoons flour	

Melt butter, add flour and mix well. Add milk and cook until thick, stirring constantly. When thick add salt and grated cheese, cool and add the well beaten egg yolks. Then fold in lightly the stiffly beaten whites. Pour into a buttered baking dish. Set this in a large pan and pour hot water around it to an inch or so in depth. Bake in moderate oven (350 degrees) for one hour.

Mrs. G. W. Dawson, Guilford County

CHEESE SOUFFLE

1 cup white sauce
2 large eggs
1 cup grated cheese

Paprika
Salt
Mustard, red pepper

Pour hot white sauce over beaten egg yolks, add cheese and allow to cool. Add paprika, salt, red pepper and mustard to taste. Combine with beaten egg whites, pour in buttered casserole and bake over hot water for 45 minutes in moderate oven. (For large casserole use double quantity.)

Mrs. John Carpenter, Catawba County

PIMENTO CHEESE SANDWICH SPREAD

½ pound American or mild cheese ½ cup mayonnaise
1 small (4 ounce) jar pimento

When cheese is softened to room temperature, grate or mash until creamy. Pour pimento with liquid from jar and mash with fork until fine. Combine cheese and pimento, add ½ cup mayonnaise, salt and pepper to taste. Cream or mix until fluffy and spread on bread.

Mrs. W. M. Fulp, Stokes County

BREADED EGGS

Hard boil one-half dozen eggs, cut into slices, dip each slice into raw, well beaten egg. Then mix in bread crumbs and fry in butter.

Mrs. Roy S. Redding, Stokes County

EGGS—DIXIE STYLE

6 ears corn or 2 cups ½ cup sweet milk
 (drained canned corn) ½ teaspoon sugar
½ cup flour ½ teaspoon salt
2 eggs ¼ teaspoon pepper

Grate ears of corn; stir into well sifted flour. Add beaten egg yolks and sweet milk. Season with salt, sugar, and pepper. Beat egg whites stiff and fold into the mixture. Cook as you would pancakes—not more than three inches across, but rather thick. When browned on both sides arrange on a platter and drop a poached egg on each cake. Serve immediately with any good spiced pickle.

Mrs. Graham Harrington, Harnett County

DEVEILED EGGS

Boil 6 eggs 12 minutes. Place in cold water and peel. Cut lengthwise, take out the yolk and mash real smooth with a fork. Add 1 teaspoon sugar, salt, and pepper to taste. Chip 1 sweet cucumber pickle real fine. Add 1 tablespoon of the vinegar from the pickles and enough salad dressing to make the eggs spread smooth. Put this mixture back in the egg whites. Add a little paprika on each egg.

Mrs. Stephen Watson, Wilson County

OMELET—VERY FINE

This recipe was taken from a cookbook "Housekeeping in the Blue Grass" published in Paris, Kentucky, January 1, 1875, by the ladies of the "Missionary Society" of the Southern Presbyterian Church, Paris, Kentucky.

Six eggs, beaten separately; 1 tumbler of sweet milk, reserve about one-fourth, into which stir one tablespoon flour; when the milk boils, stir in the paste, add salt, and about one tablespoon of butter; put aside to cool. Mince a little ham; chop fine some parsley and thyme, a spoonful of each, and two of ham; stir the yellows, ham and herbs into thickened milk, adding the well beaten six whites. Grease the skillet; bake in the stove. You can leave out ham and herbs if you choose.

Mrs. M. B. Stephenson, Rothampton County

Note: Testing Committee suggested to substitute grated cheese ($\frac{1}{2}$ cup) for ham and herbs. Put skillet on medium heat while preparing omelet and let omelet set on stove 3 to 4 minutes before putting in oven. This sets egg. Bake 350 degrees about 10 to 15 minutes. Use $\frac{1}{2}$ cup as measured amount of milk in 1 tumbler.

OMELET

Beat yolks and whites of 5 or 6 eggs separately; to yolks add $\frac{1}{4}$ teacup of milk, 2 tablespoons of flour, 1 teaspoon of salt and a dash of black pepper. Add the stiffly beaten whites and turn into well buttered iron pan that is hot already. Sprinkle with grated cheese or minced ham (2 or 3 tablespoons). When bottom is lightly browned fold over or set in oven a few minutes to brown top. Serve at once.

Mrs. D. H. Alston, Halifax County

EGG CHEESE OMELET

4 eggs	½ cup grated cheese
4 tablespoons cream	Salt
¼ teaspoon baking powder	

Separate eggs, beat whites stiff and add baking powder. Beat yolks, add cream and beat. Add salt. Pour over whites and fold. Have pan moderately hot with melted butter, pour in pan, then add cheese on top of omelet. Bake in moderate oven about five minutes. Fold over in plates.

Mrs. Sam Burleson, Avery County

GLORIFIED CREAMED EGGS

3 hard-cooked eggs	6 slices cheese
1½ cups Mock Hollandaise sauce	6 slices ham
6 slices hot buttered toast	6 slices tomato

On each slice of toast place 1 slice cheese, then 1 slice ham, then 1 slice tomato, then ½ egg. Cut in two. Cover with Mock Hollandaise sauce. Serves 6.

MOCK HOLLANDAISE SAUCE

Gradually stir 1 cup hot medium white sauce (2 tablespoons butter and 2 tablespoons flour and 1 cup milk) in 3 slightly beaten egg yolks, blending thoroughly. Add 3 tablespoons butter, 5 tablespoons lemon juice and ½ teaspoon salt. Stir thoroughly.

Mrs. E. P. Gibson, Scotland County

STUFFED EGGS WITH SLICED CHEESE

5 hard-cooked eggs	¼ teaspoon mustard
3 tablespoons American cheese (grated)	1 teaspoon salt
1 teaspoon vinegar	1 tablespoon butter
1 cup white sauce	Few grains cayenne

Cut the hard-cooked eggs in halves lengthwise. Remove yolks, mash. Add grated American cheese, vinegar, mustard and salt and a few grains of cayenne. Add melted butter. Shape in balls size of original yolks, refill in whites. Place in a baking dish, pour white sauce. Bake in an oven with buttered crumbs. Serve with slices of American cheese.

Union County



VEGETABLES

ASPARAGUS LOAF

- | | |
|-------------------------------|---------------------------------|
| 1 No. 2 can asparagus | 1 cup grated cheese |
| 1 teaspoon salt | 1 cup milk |
| $\frac{1}{8}$ teaspoon pepper | $\frac{1}{4}$ cup melted butter |
| 1 pimento, chopped | 3 cups saltine crackers |
| 3 beaten eggs | (crushed) |

Mix all ingredients except butter. Pour in a greased baking dish. Pour melted butter over top. Cook in moderate oven $\frac{1}{2}$ hour.

Mrs. Garth Lee Hill, Catawba County

ASPARAGUS CASSEROLE

- | | |
|----------------------|-------------------------------|
| 1 cup cracker crumbs | $\frac{1}{4}$ cup butter |
| 3 eggs | 1 cup sweet milk |
| 1 cup cheese | $\frac{1}{8}$ teaspoon pepper |
| 1 can asparagus tips | $\frac{1}{2}$ teaspoon salt |

Beat eggs slightly and add all other ingredients except the butter and $\frac{1}{3}$ cup cracker crumbs. Pour into buttered casserole and place remaining cracker crumbs and butter on top and bake in moderate oven until done.

Mrs. D. C. Cole, Rutherford County

QUEEN'S ASPARAGUS

- | | |
|--------------------------|------------------------------------|
| 1 No. 2 can of asparagus | $\frac{1}{2}$ cup blanched almonds |
| 4 hard-cooked eggs | Bread crumbs |

Drain the asparagus well. Place $\frac{1}{2}$ of it in a greased baking dish which has a layer of bread crumbs. Cover with a layer of sliced hard-boiled eggs and sprinkle with $\frac{1}{2}$ cup almonds and a little salt. Cover with boiling cream sauce:

- | | |
|----------------------|-----------------------------|
| 2 tablespoons butter | 1 cup hot milk |
| 2 tablespoons flour | $\frac{1}{4}$ teaspoon salt |

Sprinkle the top with bread crumbs and build another layer, asparagus, eggs, almonds, salt and white sauce and bread crumbs

dotted with butter. Bake until it boils through and the crumbs are light brown. To vary this dish, use cream of mushroom soup in place of the white sauce. It is also delicious to have a little cheese sprinkled over the top before baking.

Scotland County

BOSTON BAKED BEANS

Mrs. Lassie Kelly, operator of Kelly's Tea Room in Franklin and sister of the well known North Carolina worker of adult education, Miss Elizabeth Kelly, is known for her good food to the many tourists who pass through North Carolina. One of the several dishes is Boston Baked Beans. The Kelly's love for reading explains how the recipe came about. Miss Kelly found it in the book, "We Took to the Woods" by Louise Dickinson Rich. She tried the recipe and liked it so much that she has used it for a number of years.

Two generous cups dry beans. Soak overnight and put on to boil early in the morning. When skins curl off they have boiled long enough. Then put in bottom of bean pot or iron kettle with a tight fitting lid, place on top of beans a six by eight inch square of salt pork.

¼ cup sugar
½ cup molasses

1 large onion
1 teaspoon dry mustard

Put beans on top of the above mixture, and enough hot water to cover only. Cook in oven slowly from 9:30 until supper time.

Mrs. Alice Ray, Macon County

BAKED PEPPER RELISH

6 large bell peppers (2 red,
2 green and 2 yellow)
1 clove of garlic

¼ cup salad oil (olive oil
preferred)
Juice of 2 lemons
Salt and pepper to taste

Bake peppers until the skins slip off easily. After cooling, slip off skins and remove all seeds. Cut in strips about ¼ inch wide. Prepare a dressing of oil, garlic and lemon juice seasoned with salt and pepper to taste. Pour over pepper strips. Toss until all is well mixed. Remove garlic before serving. This is a very pretty as well as very tasty dish served with cold meats.

Mrs. John Guigou, Burke County

BOSTON BAKED BEANS

I received this when I attended the National Home Demonstration Council meeting in August, 1953.

One pound white pea beans (yellow eyes or kidney beans may be substituted); soak overnight and parboil until skins crack when blown on. Drain (although some say "no" as valuable vitamins are lost); Place into a brown earthenware bean pot and add:

1 teaspoon salt
2 teaspoons sugar
¼ cup or more molasses

1 two-inch cube (or more)
Salt pork scored

Add hot water to cover and replenish during baking. Bake about 8 hours.

One good Yankee cook says she always uses maple syrup instead of molasses and one a teaspoon of mustard.

Mrs. R. L. Cansler, Transylvania County

CORN PUDDING

To 1 quart of tender cut corn, add:

2 or 3 eggs, beaten
1 tablespoon flour

1 teaspoon salt
2 tablespoons sugar

Mix well. Add enough milk to mix well. Put a lump of butter, the size of an egg (4 tablespoons) on top. Bake in slow to medium oven 24 to 60 minutes.

Mrs. F. C. Willey, Gates County

GREEN CORN FRITTERS OR CAKES

Grate the corn, and allow an egg and a half for every cupful, with a tablespoonful of milk or cream. Beat the eggs well, add the corn by degrees, beating very hard; salt to taste; put a tablespoonful of melted butter to every pint of corn; stir in the milk, and thicken with just enough flour to hold them together—say a tablespoonful for every two eggs.

You may fry in hot lard, as you would fritters, but a better plan is to cook upon a griddle, like batter cakes. Test a little first, to see that it is of the right consistency.

Eaten at dinner or breakfast, these always meet with a cordial welcome.

Mrs. J. L. Shipley, Pasquotank County

CORN

2 teaspoons fat	2 cups corn (cooked)
2 teaspoons onion (chopped)	1 teaspoon salt
2 teaspoons pepper (red or green chopped)	½ cup milk (rich milk)
	½ cup cubed cheese

Brown onions and pepper in fat. Add cooked corn and simmer a few minutes. Then add salt, milk and cheese and stir over low heat until thick.

Red and green peppers mixed makes a very colorful dish.

Mrs. Jack A. Funderburk, Union County

BAKED IRISH POTATOES

Wash and grease medium size potatoes. Wrap in tin foil paper. Place in oven and cook for 30 minutes at 400° F. Then reduce heat to 300° F. and cook until soft. Cut potato in half and add butter. Serve hot.

Mrs. Stephen Watson, Wilson County

CAILLIETTE

(Stuffed Cabbage or Swiss Chards)

Large cabbage or Swiss chard leaves	1 cup warm sweet milk
3 cups stale bread crumbs	2 eggs slightly beaten
1 cup grated Cheddar or Swiss cheese	Salt and pepper to taste
	Dash of nutmeg
	Chicken or beef broth

Prepare cabbage or Swiss chard leaves by slicing off thick ribs of leaves, being careful not to break the leaves. Pour boiling water over leaves and let stand until pliable.

Pour the warm milk over bread crumbs, add eggs, cheese and seasoning. Mix well. Place one heaping tablespoon of the mixture on each leaf. Fold in sides first; then roll and fasten with toothpick or tie with string. Drop in boiling broth and boil gently for ½ hour or until leaf is cooked tender. Instead of boiling, these may be placed in a covered baking dish, covered with tomato sauce and baked slowly until tender.

A substitute for the cheese would be one cup of sausage and only one egg. This should be cooked in the broth rather than baked.

Mrs. John Guigou, Burke County

CORN OYSTERS

This recipe was used in hotels and homes, especially for Sunday morning breakfast with fried chicken, over 100 years ago.

1 cup raw corn, grated from cobs	¼ cup flour or ½ cup, (if to be
1 egg, well-beaten	fried in deep fat)
	Salt and pepper

Drain corn thoroughly, add other ingredients. Drop by spoonfuls and fry in deep fat, or cook on hot, well-greased griddle. These should be the size of large oysters.

Mrs. David H. Harris, Montgomery County

DRIED TABLE CORN

Boil corn on the cob until milk will not run when a grain is broken. Cut grains from cob and dry in sun. Soak overnight before using. To serve, simmer and season well with butter or meat drippings.

Mrs. Jim R. Bell, Cabarrus County

CREAMED BEANS

Cook 1 pint navy beans. Pour off most of water and add 1 pint tomatoes, 1 cup sweet cream plus 1 tablespoon sugar, and salt and pepper to taste. One or two onions may be added. Set in oven to brown.

Mrs. Duncan Holder, Harnett County

STUFFED CABBAGE WITH SAUSAGE

After removing the outside leaves of a medium sized head of cabbage, place in cold water for thirty minutes to freshen. Then for 10 minutes place cabbage head, which had been tied up in a cheese cloth, in a vessel of boiling water (enough to cover.) This softens leaves and prevents breaking when turned back. Remove from vessel and cloth and carefully turn leaves back one at a time until the center of head is reached. Beginning at the center, stuff cooked sausage between leaves, holding in cheese cloth and cook in boiling water from 30 to 45 minutes. When tender remove from water and cloth, drain, place on meat platter and pour white sauce over the cabbage head. A dash of red pepper or paprika gives it an attractive appearance. Slice or cut in wedge-shaped sections to serve.

Mrs. Mack Holder, Harnett County

SYRIAN CABBAGE ROLLS

This is a recipe my mother brought with her from Syria. Now, I substitute ground beef in place of lamb, because my family does not like lamb. This can also be cooked in the modern pressure cooker. My mother had us rolling cabbage leaves from the time we were 6 years old. They are certainly worth the trouble, for they are delicious and nutritious.

1 small cabbage head	1 cupful raw rice
1 pound finely chopped lamb	1½ teaspoon salt
1 egg	½ teaspoon pepper

Boil cabbage in salted water until the leaves are soft enough to roll without breaking. Drain, and when cool enough to handle, cut the leaves into squares of about 6 inches. Mix the lamb, rice, onion, salt, pepper and egg in a mixing bowl. Put a heaping teaspoonful of the mixture on each square of cabbage and roll into rolls as nearly finger thickness as is possible. Have ready a large kettle of boiling water and put into it a collander to keep the rolls off the bottom of the kettle, as they burn easily. Lay the rolls carefully into the collander, with enough water to cover them. Cover and boil gently for 45 minutes or until rice is done. Serve with drawn butter sauce or tomato sauce.

Mrs. Prince Ibrahim, Forsyth County

CARROT SOUFFLE

Melt 2 tablespoons butter, add 3 tablespoons flour and blend well. Add 2 cups mashed cooked carrots and 3 egg yolks. Season to taste with salt, a few grains pepper, a suggestion of mace and 1 teaspoon of sugar. Stir constantly until well blended. Cool and fold in three stiffly beaten egg whites. Turn into buttered individual baking dishes, place in a pan of hot water and bake about 20 minutes in a moderate oven, 350° F.

Mrs. J. H. Johnson, Robeson County

IRISH POTATO AND GARDEN PEA STEW

The recipe below has been used in our family as long as I can remember. To me this recipe is one of the family favorites. My mother used it when all the family was together because she could always stretch the first new vegetables until there would be enough to serve the whole family. If you have a small family

and have just enough of these vegetables for the family dinner and company comes unexpectedly it is a good recipe for stretching the dinner.

2 cups fresh tender garden peas	1½ cups diced cured ham
1 quart new white potatoes (about 1 inch in diameter)	¼ teaspoon salt (amount depends upon salt in ham)

Put all these in pot together with enough water to completely cover vegetables. Cook until about half done. Add the pastry which has been made by mixing the following:

1 cup flour	(Amount depends on kind of
1 tablespoon shortening	flour as some flour absorbs
About 2 or 3 tablespoons water	more water than others)

Mix flour and shortening together. Add water a little at the time until dough is a good texture for rolling. Roll to about ¼ inch thick. Cut the pastry into small pieces, add to the vegetables and cook until done. A sprinkle of black pepper may be added if desired.

Mrs. David Beaman, Wilson County

POTATO NUT CROQUETTES

The following recipe was given to me by an elderly lady in Georgia. She and her husband moved to Georgia from Chicago where they were social workers for more than twenty-five years. Their farm contained several acres of pecan trees. She probably developed this recipe.

Beat slightly 2 eggs, add 2 tablespoons cream and 1 cup soft bread crumbs. To this add one cup hot mashed white potatoes, add 1 cup ground nuts, 1 teaspoon salt, 1 tablespoon grated celery, and 1 teaspoon onion. Shape and bake until brown.

Mrs. T. L. Anthony, Wilson County

SQUASH PATTIES

½ cup milk	⅔ cup cooked squash
1 tablespoon sugar	1 egg
½ teaspoon salt	Enough flour to make a batter

Mix all ingredients together and drop by teaspoonfuls in deep fat. (This is a good recipe for those who do not care for stewed squash).

Mrs. Joe T. Funderburk, Union County

SQUASH AU GRATIN

6 small yellow squash	$\frac{3}{4}$ cup grated cheese
$\frac{1}{4}$ cup onion (chopped)	$\frac{1}{4}$ cup chopped green pepper
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	Paprika
$\frac{1}{2}$ cup milk	3 tablespoons bread crumbs
$\frac{1}{2}$ cup liquid from cooked squash	

Cut up squash and onion and cook in small amount of water until tender. Drain squash, but save the liquid. Melt the butter, add flour and gradually the $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup liquid from the squash. Cook until sauce is thick, as heavy cream. Add salt, $\frac{1}{2}$ cup of cheese, green pepper and squash. Pour into buttered baking dish. Top with remaining cheese, buttered crumbs, sprinkle with paprika. Bake at 350° F. until brown.

Mrs. J. T. Watkins, Granville County
Recipe also sent in from Robeson County

SQUASH-CHEESE DELIGHT

6 small yellow squash	$\frac{1}{2}$ cup grated cheese
2 tablespoons butter	$\frac{1}{2}$ cup liquid from cooked squash
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sweet milk	Paprika

Cut up squash and cook in small amount of boiling salted water until tender. Drain squash and mash fine with potato masher—save liquid. Melt the butter, add flour, and gradually the milk and $\frac{1}{2}$ cup liquid from squash. Keep stirring and let cook until the sauce is thick as heavy cream. Add the salt and cheese. Mix sauce and squash. Pour into a buttered baking dish. Top with buttered crumbs and bake in moderate oven until brown.

Robeson County

TOMATO PUDDING

This recipe was handed down by Mrs. Virginia Lasater, mother of Mrs. W. B. Lasater of Broadway. This was Mrs. Virginia Lasater's original recipe and has been used by Mrs. W. B. Lasater for around 30 years.

4 cups bread crumbs	$\frac{1}{2}$ cup butter
$1\frac{1}{2}$ cups sugar	$\frac{1}{8}$ teaspoon black pepper
$\frac{1}{2}$ cup vinegar	$\frac{1}{4}$ teaspoon salt
1 pint tomatoes	

Mix thoroughly and cook 1 hour at 300° F.

Harnett County

SQUASH SOUFFLE

- | | |
|----------------------------|---------------------------|
| 1½ pounds yellow squash | 2 tablespoons sugar |
| 1 small onion | 2 tablespoons butter |
| 1 teaspoon salt | ½ teaspoon white pepper |
| 1 cup toasted bread crumbs | Bread crumbs to cover top |
| 2 eggs | |

Cook squash and onion in boiling salted water until tender. (Chop squash and onion). Drain off liquid and mash fine, add butter, sugar, pepper—beat whole eggs until mixed and add to squash mixture, stirring quickly until well mixed. Add toast crumbs and stir well. Pour into buttered casserole or baking dish. Put uncooked bread crumbs on top of squash, dot with butter and bake in oven until brown on top.

Mrs. J. H. Johnson, Robeson County

SWEET POTATO PUDDING

- | | |
|--|---|
| 3 cups sweet potatoes
(grated, raw) | 2 cups sweet milk |
| 2 cups brown sugar | 4 tablespoons butter melted |
| 4 eggs | 1 teaspoon each cinnamon,
cloves, and allspice |

Peel and grate potatoes. Add milk, sugar, eggs, butter and spices. Pour into well greased baking dish. Bake until done. If you wish, part of the whites may be saved for a meringue. If so, add 1 cup coconut to the meringue.

Mrs. Claude Stamey, Mitchell County

SWEET POTATO PUDDING

This recipe was used by the late Governor Charles Brantley Aycock's family. Aycock was governor of North Carolina from 1900-1904. It has been passed down and is still being used today by his family.

- | | |
|-------------------------|-------------------------------|
| 2 large potatoes grated | ½ cup black walnuts or pecans |
| ½ pound butter | 3 eggs |
| ¾ pound sugar | |

Cream sugar and butter; add well beaten eggs, then potatoes, little milk. Mix well and add wine, walnuts and spices to taste. Place in buttered dish and let bake in moderate oven (350° F) until brown or about 1½ hours. Do not stir.

Mrs. Walton Aycock, Wayne County

POTATO RECIPE—YOU NAME IT ? ?

6 medium size baked or boiled
sweet potatoes
½ cup sugar
½ cup white syrup
½ cup nuts
2 cups raisins

Pinch salt
Juice 1 lemon
1 teaspoon vanilla
2 tablespoons butter
Dash of cinnamon, spice and
nutmeg

Slice potatoes, line baking dish, sprinkle with ½ the nuts and raisin, add another layer of potatoes and other ½ of nuts and raisins. Dot with butter, pour syrup over, sprinkle sugar and spices, add lemon juice and vanilla, bake in moderate oven (350° F.) until slightly brown.

Mrs. Alma Bullock, Columbus County

SWEET POTATO MARSHMALLOW CASSEROLE

3¼ cups sweet potatoes
2 tablespoons butter
1 teaspoon salt

¼ cup light cream
10 to 12 marshmallows

Boil potatoes in jackets until tender when pierced with fork. Peel and cut into ¼ inch slices and arrange in a buttered baking dish. Pour cream over the potatoes, season with the butter and salt. Arrange marshmallows over the top; place in a moderate oven (350° F) and bake for 20 minutes or until marshmallows are golden brown and the cream and butter have blended and thickened.

Columbus County

SWEET POTATO SOUFFLE

4 medium or 3 large baked
sweet potatoes
1 cup dark brown sugar
1½ cups butter
½ cup cream (sweet)

½ cup pecans
½ cup raisins
1 teaspoon allspice
1 teaspoon vanilla
Marshmallows

Bake or boil potatoes until tender. Press through a vegetable press or mash well. Add butter, cream, and brown sugar to potatoes and beat until light and fluffy. Add allspice and vanilla. Mix well. Add pecans and raisins and pour into buttered baking dish. Top with marshmallows. Bake in moderate oven (350° F.) until souffle is set and marshmallows browned delicately. Serve at once.

Mrs. Paul Page, Columbus County

ORANGE SWEET POTATOES

Boil six medium size sweet potatoes, peel, quarter, and put in casserole or baking dish.

Cook the following sauce until it thickens:

1 cup fresh orange juice	$\frac{1}{3}$ cup brown sugar
2 tablespoons grated rind	$\frac{1}{3}$ cup white sugar
1 tablespoon cornstarch	Pinch salt
3 tablespoons melted butter	

Pour sauce over potatoes. Place in oven until thoroughly heated.

Transylvania County

SWEET POTATO PUFFS

This recipe dates back to 1876.

Stir 2 cupfuls of mashed potatoes	then add:
2 tablespoons of melted butter	2 eggs, well beaten separately
$\frac{1}{4}$ teaspoon salt to a fine, light and creamy consistency,	6 tablespoons cream
	4 tablespoons sugar

Beat all ingredients well and lightly together; pile it in rocky form on a dish, bake in a quick oven until nicely colored. It will become quite light.

Mrs. John Baker, Hoke County

SWEET POTATO SOUFFLE

2 cups cooked and mashed sweet potatoes	2 eggs
1 cup hot milk	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon salt	1 teaspoon nutmeg
2 teaspoons sugar	$\frac{1}{2}$ cup chopped walnuts
2 tablespoons butter	Marshmallows

Leftover or baked sweet potatoes may be used. Press through a vegetable press or ricer, or mash well. Scald the milk, and dissolve the sugar and salt in it; add the butter, stirring until melted. Add this mixture to the potatoes, and mix and beat until light and fluffy. Separate the eggs. Beat yolks and add the potatoes; add the nutmeg, raisins, and nuts. Beat whites stiff, cut and fold slightly into the potatoes, pour into a buttered baking dish. Quickly arrange the marshmallows one half inch apart on top with raisins in between the marshmallows. Bake in a moderate oven until the souffle is set and the marshmallows are basted delicately. Serve at once.

Marjorie Ward, Columbus County

GLAZED SWEET POTATOES

4 large potatoes
½ cup hot water
Pinch of salt

1 cup brown sugar
½ cup butter

Boil potatoes until almost done, peel and cut in quarters lengthwise. Place in a buttered baking dish. Make a syrup of the sugar, butter, water and salt, and pour over the potatoes. Bake in a moderate oven until the potatoes are brown, basting often with the syrup. If necessary, add a small amount of boiling water. When ready to serve, sprinkle with chopped pecans.

Mrs. Doris Lenard, Columbus County

CANDIED YAMS

6 yams cooked and peeled
1 teaspoon cinnamon
½ cup sugar

4 tablespoons butter
1 cup water

Slice yams and arrange in a shallow casserole; sprinkle with sugar and cinnamon, dot with butter and pour water over all. Cover and bake in moderate oven (350° F) for 30 minutes. Remove cover and bake 15 minutes. Makes 6 servings.

Mrs. Carl Stephens, Columbus County

MASHED YAMS

6 small or 4 medium yams
1 teaspoon salt

2 tablespoons butter or margarine
⅓ cup hot milk

Boil yams in jackets until easily pierced with fork. Peel, mash, add butter, salt and milk and beat with fork until light. Makes 4 servings.

Mrs. Neil Stanley, Columbus County

YAM SWEET POTATOES

¼ pint thick cream
2 ripe mashed bananas

6 sweet potatoes

Boil the sweet potatoes until quite soft. Mash while hot. Add thick cream and 2 ripe mashed bananas for every 6 potatoes. Mix well. Place in buttered baking dish and cover with mashed marshmallows.

To be served with roast beef, pork or fowl.

Mrs. J. M. Burchette, Wilkes County



MOLDED CHICKEN SALAD

- | | |
|------------------------------------|--|
| 1 tablespoon gelatin | 1 cup mayonnaise |
| $\frac{1}{4}$ cup cold water | Juice of 1 lemon |
| 2 cups chicken stock | $\frac{1}{2}$ cup tartar sauce or relish |
| 1 chicken, cooked and cubed | 1 teaspoon salt |
| 2 cups celery, cut in small pieces | 1 cup nuts (optional) |
| 6 eggs, hard-cooked and mashed | |

Soak gelatin in cold water. Dissolve in hot stock. Cool. Add chicken, celery, eggs, mayonnaise, lemon juice, tartar sauce, salt, and nuts. Place in molds, which have been greased with salad oil. Serve on lettuce with dressing, and garnish with green pepper rings. Makes enough to divide with your neighbors.

Mrs. E. P. Gibson, Scotland County

CHICKEN SALAD

- | | |
|---|--|
| 1 well-finished hen, cooked and cut very fine | 3 tablespoons of broth from chicken |
| 2 cups of celery, diced fine | 1 cup of salad dressing (or enough to moisten mixture) |
| 1 cup of cucumber pickle, chopped fine | 2 tablespoons salt (or season to taste) |
| 3 boiled eggs, cut fine | |

Mix chicken, celery, pickle, eggs, broth and salad dressing in mixing bowl. Season to taste. Mix well. Serve on crisp lettuce with crackers.

Mrs. J. T. Watkins, Granville County

EASTER EGG SALAD

Peel as many hard boiled eggs as desired. Dip eggs in different colored egg dye (foodcoloring) to have variety of colors. Then cut eggs in half lengthwise, devil the yolks and fill the halves of whites. Press back together. Arrange on beds of shredded lettuce, endive, or slaw to form "nest" for eggs.

Mrs. Stuart Turlington, Harnett County

MEAT SALAD MOLD

1—12 ounce can luncheon meat or left over ground ham	2 tablespoons lemon juice
2 tablespoons plain gelatin	2 tablespoons prepared mustard
$\frac{1}{2}$ cup cold water	2 tablespoons grated onion
$1\frac{1}{2}$ cups tomato juice	$\frac{1}{2}$ cup chopped celery
3 ounce package cream cheese	$\frac{1}{2}$ cup chopped sweet pickle
	$\frac{1}{2}$ cup mayonnaise

Cut meat in one-half inch cubes. Soften gelatin in cold water. Heat tomato juice to boiling, pour over gelatin; stir until dissolved. Mash cheese; blend with lemon juice and mustard. Slowly add tomato juice mixture to cheese stirring continuously; cool. Mix together meat, onion, celery, pickle with mayonnaise. When gelatin mixture begins to thicken fold in meat mixture.

Rinse 8-inch ring mold with cold water, pour mixture into mold and chill until firm. If decorated mold is desired, reserve several pieces each of pickle, celery and meat to place in mold before pouring in mixture. When ready to serve, unmold to plate and fill center with Indian cold slaw or shredded lettuce.

Transylvania County

OLD-FASHIONED POTATO SALAD

4 cups diced cooked potatoes	1 tablespoon lemon juice
1 onion, grated	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ teaspoon tarragon
2 tablespoons chopped green pepper	2 hard-cooked eggs
$\frac{1}{2}$ cup mayonnaise	2 tablespoons chopped parsley

Combine potatoes, onion, celery, green pepper. Thin mayonnaise with lemon juice, add paprika, salt, tarragon, blend. Add to vegetables. Stir lightly. Garnish with sliced hard-cooked eggs, chopped celery. Serve on lettuce or bed of water cress. Makes 8 servings.

Mrs. E. B. Riggins, Union County

HOT SLAW

$\frac{1}{2}$ cabbage, shredded	2 egg yolks beaten slightly
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup hot vinegar	1 tablespoon butter

Mix egg yolks, cold water, butter, vinegar, and salt. Cook over hot water, stirring constantly, until thickened. Then add cabbage, and serve when heated.

Mrs. George M. Sigmon, Catawba County

GREEN PEPPER SALAD

Cut the stems from two large sweet green peppers, then remove seeds and wash thoroughly. Take a quantity of cream cheese sufficient to fill the peppers and add to it, mixing well, $\frac{1}{2}$ cupful of chopped nuts. Fill the peppers with this mixture and set in a cool place until just before serving. Then cut in slices. Place 1 or 2 slices on a lettuce leaf and serve individually, serving a tablespoonful of mayonnaise dressing over each slice.

Mrs. Louise Barbour, Onslow County

COLE SLAW

3½ cups raw shredded cabbage	¼ teaspoon black pepper
2 tablespoons shredded carrots	3 tablespoons sugar
1 tablespoon diced onion	1 teaspoon vinegar
½ teaspoon salt	3 tablespoons salad dressing

Shred or cut with knife, cabbage and carrots. Dice onion, add salt, pepper, sugar, mustard and salad dressing. Toss thoroughly with large fork.

Union County

OLD-FASHIONED POTATO SALAD

This recipe has been handed down by word of mouth. My mother, Mrs. Neill McKimmon, Flora McNeill McEachern, who lives in Red Springs, North Carolina, often uses it, and my family likes it too. It was passed to her by her mother, Mrs. John H. McEachern, who was Miss Mary Ann McNeill before marriage. This lady, my grandmother, was grown and had already finished at old Floral College when the Civil War began.

8 medium to large cured Irish potatoes, peeled and boiled in salt water until just tender	3 or more tablespoons vinegar
1 scant teaspoon prepared mustard	1 medium-sized onion, chopped fine
	2 hard-boiled eggs
	Salt and pepper to taste (it takes a good deal)

Mash drained potatoes, or put through ricer, while hot. Add mustard, vinegar, onion, one of the eggs (chopped fine), and salt and black pepper. Beat well with a fork. Taste. If not enough of any of the seasonings, add more. Put into serving dish and garnish top with other egg, either sliced or chopped fine. This is delicious served hot or cold. It is nice made the day before needed, put into baking dish, and re-heated for serving.

Mrs. David H. Harris, Montgomery County

SOUTHERN LETTUCE

For this dish, use the tender home-grown lettuce. After washing, drain, then slice or shred and sprinkle with salt. Arrange in shallow salad bowl. Put into a pan on stove, two tablespoonfuls ham gravy. Add to this $\frac{1}{2}$ cup boiling water. Let come to rolling boil and pour over lettuce. Garnish with sliced hard-boiled eggs and sliced green spring onions. Most delicious with fried ham slices, new Irish potatoes, garden peas, and Harvard beets.

Mrs. Stuart Turlington, Harnett County

FROZEN FRUIT SALAD

- | | |
|--|---|
| 2 3-ounce packages cream cheese | $\frac{1}{2}$ cup red maraschino cherries, |
| 1 cup mayonnaise | quartered |
| 1 cup heavy cream, whipped | $\frac{1}{2}$ cup green maraschino cherries |
| 1 No. 2 can ($2\frac{1}{2}$ cups) crushed | quartered |
| pineapple drained | $2\frac{1}{2}$ cups diced marshmallows |
| | (About 24 marshmallows) |

Combine cheese and mayonnaise, blend until smooth, fold in whipped cream, fruit and marshmallows. Pour into 1 quart refrigerator tray. Freeze until firm. Serves 8 to 10. Serve on crisp lettuce leaves.

Mrs. L. C. Deaton, Montgomery County

FROZEN FRUIT SALAD

- | | |
|-------------------------------------|------------------------------|
| 1 small can crushed pineapple | $\frac{1}{2}$ cup mayonnaise |
| 1 small bottle maraschino cherries, | 1 cup cream, whipped |
| quartered | 2 tablespoons sugar |
| 2 or 3 bananas (diced) | |

Mix all together and freeze in refrigerator tray. Serves 6. This may be made the day before it is to be served.

Mrs. L. C. Deaton, Montgomery County

GINGER ALE SALAD

Dissolve 1 package lime gelatin in 1 cup hot water. Add 1 cup ginger ale and chill until slightly thickened. Fold in 1 cup drained diced sweetened peaches and $\frac{1}{4}$ cup each chopped nuts and diced celery. Turn into large mold or individual molds. Chill until firm. Unmold on crisp lettuce. Serve with plain or whipped cream mayonnaise. Makes 6 servings.

GINGER ALE SALAD

3 teaspoons plain gelatin, dissolved in $\frac{1}{2}$ cup cold water	3 tablespoons sugar
1 cup boiling water to melt	3 tablespoons lemon juice
	2 cups ginger ale

Mix together and place in refrigerator. When this begins to thicken add:

1 cup diced pineapple	1 cup chopped celery
1 cup white cherries	1 cup pecans

Serve on crisp lettuce with or without mayonnaise.

Wake County

FRUIT SALAD

Arrange slices of pineapple on the lettuce, and on each slice put a canned peach, hollow side up. Fill the hollow with a fruit salad dressing and on top place a maraschino cherry. A pastry tube may be used and the dressing put on in fancy designs.

Mrs. Ned McLeod, Harnett County

CRANBERRY SALAD

2 cups ground cranberries	2 No. 2 cans of crushed pineapple
2 cups chopped nuts (pecans or English walnuts)	1 cup sugar (more if desired)
	2 packages of gelatin

Wash and pick berries. Grind. Drain juice from pineapple and use in mixing gelatin. Also dissolve sugar in gelatin. Let cool and add berries and pineapple. Place in refrigerator and cut in squares and serve on crisp lettuce. (For dessert, serve with whipped cream). Serves 20.

Mrs. Joe Whitfield, Granville County

CHRISTMAS WREATH SALAD

On large round salad plate arrange nicely shaped lettuce leaves. Around edge arrange canned pear halves with larger sections on outer edge. Next make a circle of thinly sliced, peeled oranges on inside of pear circle. In center pile white or red grapes in mound. Fill pear halves with fruit salad dressing and top with red cherry, and on center of each orange slice add a bit of dressing and top with walnut or pecan half.

Mrs. Stuart Turlington, Harnett County

FRUIT SALAD

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|--|---|
| $\frac{1}{2}$ cup mayonnaise | $\frac{1}{2}$ cup sliced fresh strawberries |
| 2 cups chopped canned fruit
(peaches, pineapple, pears
or any other combination) | or maraschino cherries |
| 1 tablespoon lemon juice | 1 cup cream, whipped |
| | $\frac{1}{3}$ cup sugar |

Mix the mayonnaise and lemon juice with the chopped fruits, add sugar to the whipped cream and fold into the fruit mixture. Freeze in refrigerator tray until firm. Cut into squares and serve on lettuce.

Union County

PINEAPPLE SALAD

- | | |
|-------------------------------|-----------------------------------|
| 1 package cherry gelatin | 1 cup chopped celery |
| $1\frac{3}{4}$ cup hot water | $\frac{1}{2}$ cup chopped walnuts |
| 2 packages lime gelatin | 2 cups crushed pineapple drained |
| $3\frac{1}{2}$ cups hot water | |

Dissolve cherry gelatin in hot water. Cover bottom of two quart mold. Chill until firm. Dissolve lime gelatin in $3\frac{1}{2}$ cups hot water—chill until partially set, then stir in celery, walnuts and pineapple. Pour mixture over firm cherry gelatin. Chill until firm. Unmold on bed of lettuce. Garnish with half slice of pineapple filled with a mixture of cream cheese and chopped walnuts.

Mrs. C. M. Aldridge, Alamance County

PERFECTION SALAD

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|--------------------------------|--|
| 1 envelope plain gelatin | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup cabbage, finely shredded |
| 1 cup hot water | 1 cup celery, cut in small pieces |
| $\frac{1}{4}$ cup mild vinegar | 1 pimento, cut in small pieces |
| 1 tablespoon lemon juice | or 2 tablespoons sweet red or
green peppers |
| $\frac{1}{4}$ cup sugar | |

Soften gelatin in cold water. Add sugar, salt and hot water, and stir until dissolved. Add vinegar and lemon juice. Cool, and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold to bed of lettuce leaves and garnish with mayonnaise.

Mrs. Rex Johnson, Harnett County

AMBROSIA SALAD

1 quart grated coconut
6 oranges
4 bananas
1 pint sliced pineapple

1 pint strawberries or
bottled cherries
1 cup sherry wine if strawberries
are used instead of cherries and
liquid

Cut pineapple in strips, divide oranges into their natural divisions. Cut these halves. Cut berries or cherries in halves. Sprinkle the bottom of a large salad bowl with coconut, then a layer of fruit ending with a layer of coconut on top. Sprinkle sugar over each layer. Pour over all the sherry, combined with the juices from the fruit. Garnish with whole strawberries and thin slices of orange, reserved. Chill and serve in punch cups with angel food cake, plain or sponge cake.

Mrs. J. C. Langdon, Harnett County

POINSETTIA SALAD

1 package lemon gelatin
1 small can crushed pineapple
2 packages cream cheese
1 small can pimento

$\frac{1}{2}$ cup celery
 $\frac{2}{3}$ cup nuts
 $\frac{1}{2}$ pint whipping cream

Pour $1\frac{1}{2}$ cups hot water over gelatin. Add crushed pineapple and juice. Cool. Cut pimento in small pieces and mix with cream cheese. Make poinsettia design in individual molds, add 1 teaspoon of gelatin mixture and chill until set. When gelatin mixture begins to jell, add cream cheese, pimento, nuts, celery and whipped cream. Fill individual molds. Serve on lettuce with salad dressing.

Mrs. Garland Wilson, Catawba County

PINEAPPLE AND CHEESE SALAD

1 package lime gelatin
1 cup warm water

1 No. $2\frac{1}{2}$ can sliced pineapple
2 3 ounce packages cream cheese

Prepare gelatin using juice of pineapple for part of the liquid. Add cream cheese, beat until dissolved. Pour in molds and chill. Prepare lettuce. Place sliced pineapple on lettuce and then turn gelatin on pineapple with mayonnaise on top. Serves 6.

Mrs. T. L. Caviness, Harnett County

JELLIED WALDORF SALAD

1 teaspoon gelatin	1 cup celery, diced
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ cup lemon juice
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup chopped nuts.
1 cup apples, diced	$\frac{1}{2}$ teaspoon salt
1 cup boiling water	

Soak gelatin in cold water about 5 minutes. Add boiling water, sugar and salt. Stir until thoroughly dissolved. Add lemon juice. Cool. When mixture begins to thicken, stir in apples and celery. Pour into large or individual molds that have been rinsed with cold water. Chill, unmold on lettuce and sprinkle with chopped nuts. Serve with fruit salad dressing.

Mrs. Stuart Turlington, Harnett County

CONGEALED FRESH CRANBERRY SALAD (Not Too Sweet!)

1 tablespoon plain gelatin	1 teaspoon grated orange rind
$\frac{1}{2}$ cup orange juice—unstrained	$\frac{1}{2}$ cup diced celery
2 cups cranberries	$\frac{1}{2}$ cup diced apple
1 cup water	$\frac{1}{3}$ cup nuts
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Boil sugar and water; add cranberries which have been cut in half. Simmer about 10 minutes. Stir in gelatin which has been soaked in orange juice. Cool. Stir in other ingredients. Put into molds. Makes six good servings.

Judge Susie Sharp, Rockingham County

COOKED SALAD DRESSING

3 tablespoons butter	1 cup milk
3 tablespoons flour	1 cup vinegar
3 tablespoons sugar	2 eggs
2 teaspoons salt	2 teaspoons lemon juice
2 teaspoons dry mustard	

Mix dry ingredients, add beaten eggs, melted butter and milk. Then very slowly add vinegar and lemon juice. Cook in top of double boiler until mixture thickens; cool and beat with egg beater.

Mrs. M. A. Temple, Harnett County

DIVINITY SALAD

One envelope of gelatin dissolved in 1 cup of cold pineapple or fruit juice. Add 1 cup boiling juice. Let cool, not congeal. Cut fruit of 2 cans of pineapple, 1 cup white cherries, seeded and halved. One-half pound of marshmallows, 1 cup pecans, 1 quart cream whipped. Add gelatin first and nut mixture. Garnish with whipped cream and cherry. Serves 24.

Scotland County

FRUIT DRESSING

$\frac{1}{2}$ cup sugar
2 teaspoons flour
1 egg yolk

Juice of 1 lemon
 $\frac{1}{2}$ cup unsweetened pineapple juice
1 cup heavy cream whipped

Combine sugar, flour, and cook in double boiler until thick. Add egg yolk and juices. Cool and fold in whipped cream.

Gladys Norris, Camden County

DRESSING FOR CABBAGE SLAW

Put in a saucepan 1 cup vinegar, 1 teaspoonful of mustard, salt and black pepper, 1 tablespoonful of sugar, a small lump of butter about size of walnut. While this is boiling, beat two eggs and stir in; keep stirring until it thickens. Then add a few celery seed. This quantity is sufficient for a small cabbage cut fine.

Mrs. Hugh B. Bryan, Edgecombe County

SALAD DRESSING

2 tablespoons flour
1 cup cold water
3 tablespoons salad oil
 $\frac{1}{4}$ cup vinegar
1 teaspoon salt
1 teaspoon sugar

$\frac{1}{2}$ teaspoon paprika
1 teaspoon bottled horse-radish
 $1\frac{1}{2}$ teaspoons prepared mustard
 $\frac{1}{2}$ teaspoon Worcestershire sauce
 $\frac{1}{4}$ cup catsup

Mix flour and water in a saucepan. Place over low heat, stirring constantly until thick and clear (about 5 minutes). Add all of the remaining ingredients. Beat with rotary beater until smooth and well blended. Store in tightly covered jar in a cool place. Shake well each time before using.

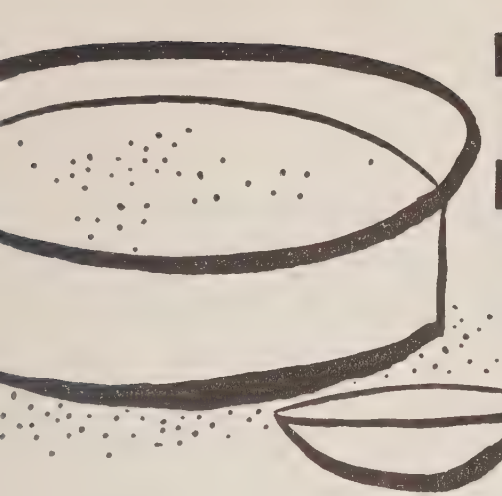
Union County

POTATO SALAD DRESSING

1 egg, separate yolk from white	½ cup milk
2 teaspoons sugar	½ cup vinegar
1 teaspoon mustard	Pepper
¼ teaspoon salt	

Mix and boil all ingredients except milk. Add milk after other ingredients have come to a boil. Beat egg white and fold into mixture after removing from heat.

Mrs. Colon Jackson, Perquimans County



PUDDINGS *and* *other desserts*

AMBROSIA

This was my mother's favorite dessert at Christmas, which was handed down from her mother. We grew up cherishing it as much as our mother did. Now my children like it as much as I do. They always say it doesn't seem like Christmas until we have made a big bowl of "ambrosia". It is a good bedtime snack when the family is gathered around the fire at Christmas time. We never make it except at Christmas, so I guess that's why we think it is so good.

15 oranges

1 coconut (grated)

2 cups sugar

Peel oranges carefully so there will not be much juice wasted. Cut oranges crosswise in small pieces taking out seeds as you come to them. Add grated coconut and sugar to oranges. Mix well and serve as a dessert.

Mrs. Stephen Watson, Wilson County

APRICOT ANGEL DESSERT

Heat $2\frac{1}{4}$ cups apricot nectar with $\frac{3}{4}$ cup sugar and $\frac{1}{4}$ teaspoon salt.

Beat 9 egg yolks well. Stir, add little of hot nectar into yolk, then stir yolk mixture into rest of nectar. Place over boiling water and cook, stirring constantly until mixture coats spoon into thin smooth custard. Then dissolve 4 teaspoons gelatin into 6 tablespoons cold water and then dissolve in hot nectar. Cool until mixture thickens. Fold in $1\frac{1}{2}$ cups heavy cream whipped and add 6 tablespoons well drained chopped maraschino cherries. Chill until almost set. Then cut large angle food cake into 4 layers and put together with the apricot cream also on side and top. Decorate with 2 teaspoons chopped cherries and chopped almonds.

Mrs. Ben Wade, Person County

APPLE DEVIL

This recipe was given to me by my grandmother, the late Mrs. Henry Battle Marriott, wife of the late Dr. Marriott of Battleboro, N. C. She was given the recipe by her mother, Mrs. William Mayo Pippen of Tarboro, N. C.

Peel and core 30 good apples. Slice them in a little cold water. Add equal weight of sugar, the juice and rind of two lemons sliced thin, two ounces of finely grated ginger and a dash of cayenne pepper. Boil until apples look clear.

Mrs. D. B. Sheffield, Wilson County

EXCELLENT BAKED APPLES

Take 10 or 12 big juicy apples, peel and core, butter a baking dish and put in apples; fill centers with sugar; take $\frac{1}{2}$ teacup of butter and tablespoon of flour, rub together until smooth; to this, put enough boiling water to cover each apple; grate over them nutmeg; bake in slow oven 1 hour or longer. Can be eaten with meat or used as a dessert with cream.

Mrs. D. H. Alston, Halifax County

APPLE ROLL

This recipe was given to me by my grandmother, Mrs. Marshall Lee.

Peel and cut very fine enough apples for a medium roll. This depends on size of apples. A large mixing bowl full of the cut apples makes a medium to large roll.

Make up pie crust. Roll out as thin as desired. Spread the cut apples over the rolled dough. Sprinkle some white sugar on apples and some bits of butter. Roll as for jelly roll and lift into a well greased pan. If you prefer, you can put rolled dough in well greased pan before putting apples on it. This saves lifting the roll with apples.

Syrup for apple roll—Bring to a boil

1 cup brown sugar
1½ cups water
¼ teaspoon cinnamon

¼ teaspoon nutmeg
½ stick butter

Pour hot syrup over roll and bake in moderate oven for an hour—until the apples are well done and the crust a golden brown.

Mrs. Tom Speight, Bertie County

BATTER PUDDING

Recipe is over 100 years old. It was the favorite of Mrs. J. R. Johnston who lived at Zuela near Lucia in Gaston County, grandmother of Mrs. Fergurson.

1 quart sweet milk
4 eggs

4 tablespoons flour

Mix ingredients. Bake in cool oven (about 270° F.) until set, but do not overcook. Serve hot with hard sauce, the foamy kind (some other sweet could be used.), the hard sauce melts into the unsweetened pudding.

Mrs. R. S. Fergurson, Alexander County

BLACKBERRY TRIFLE

Here is a recipe from the kitchen of Mrs. R. A. Holloman, Jr. It was used for many years by the family of her mother, Mrs. H. U. Griffith. This was a favorite dessert with the family with the exception of one uncle who was always heard to say whenever the dish was served, "This dish certainly has the right name because it is trifling." My mother would always reply with, "Well, the proof of the pudding is in the taste thereof."

1 quart blackberries
3 egg yolks
4 heaping tablespoons sugar
1 heaping tablespoon cornstarch

(Mix cornstarch and sugar)
Small piece of butter to grease
pan
Vanilla flavoring

Wash berries well. It is best to strain them through a large-holed strainer to get out most of the seeds and to mash the berries. Make a custard with the yolks of three eggs, sugar, cornstarch, and vanilla flavoring. Mix custard and berries and pour in a deep baking dish which has been greased. Make a meringue from 3 egg whites stiffly beaten using 3 tablespoons sugar. Add meringue and brown in moderate oven.

Mrs. R. A. Holloman, Jr., Hertford County

BUTTERMILK PUDDING

3 eggs and a large tablespoon
butter
1 cup of sugar
3 tablespoons flour

3 cups buttermilk
1 small teaspoon of soda
lemon flavoring

Bake in dish in moderate oven until set but not curdled.

Mrs. R. S. Fergurson, Alexander County

CHOCOLATE BREAD PUDDING

This Chocolate Bread Pudding is an original and has been in use for about thirty years.

2 squares unsweetened chocolate (or 4 tablespoons cocoa)	2 egg yolks slightly beaten
3 cups milk	6 slices stale bread (cut in small pieces)
$\frac{1}{4}$ teaspoon salt	2 egg whites
$\frac{1}{2}$ cup brown sugar (or 1 cup white)	4 tablespoons sugar (butter not necessary)

Heat milk and cocoa in double boiler and add salt; combine brown sugar and egg yolks; add cocoa mixture and vanilla. Pour this mixture over bread. Turn into greased baking dish, place in pan of hot water and bake about 30 minutes or until almost set at 350° F. Beat egg whites with the 4 tablespoons sugar and pile in mounds over top.

Mrs. W. B. Lasater, Harnett County

CREAM PUFF SHELLS

1 cup water	1 cup flour
$\frac{1}{2}$ cup butter	4 eggs

Bring water to a boil. Add fat and when it has melted add all the flour at one time. Stir briskly until the mixtures leave the sides of the pan and forms a ball. Remove from heat and cool. Add unbeaten eggs one at a time. Beat each one in thoroughly before adding the next. Drop from a teaspoon about 2 inches apart on an ungreased baking sheet. Bake in a moderately hot oven (425° F.) for about 30 minutes. Do not open door of oven first 15 minutes. When cool slice off top, remove any moist dough left in shell and fill with custard, ice cream, whipped cream, the lemon fluff filling below or any dessert filling.

LEMON FLUFF FILLING FOR CREAM PUFFS

1 lemon (grated rind and juice)	$\frac{1}{2}$ cup sugar
3 eggs	Few grains of salt

Beat yolks until thick, add sugar, lemon juice, grated rind and salt. Cook over hot water until mixture thickens, stirring constantly. Remove from heat. When cool, fold in stiffly beaten egg whites. Chill and fill puffs with mixture. (This may be served as a dessert without the cream puffs.)

S. Virginia Wilson, Extension Nutritionist

BOILED CUSTARD

This is an old-fashioned dessert served with pound cake seventy-five or one hundred years ago. It was very popular served at weddings. The eggs were always separated. The whites were stiffly beaten and cooked until set over boiling water. It made a pretty serving with the white on top of the custard. To me as a child it was a beautiful, mouth watering dessert. It was served at Christmas, birthdays, weddings, and when the preacher came.

4 cups milk
4 eggs

1 cup sugar

Put milk in double boiler. Bring almost to boil. Beat eggs, add sugar. Pour some of the hot milk over egg mixture, stirring constantly. Put all in boiler with milk and cook until as thick as desired stirring until done. Take off and continue stirring for a few minutes. Cool and strain. This recipe needs no flour.

Mrs. George Dew, Wilson County

BONNEY-CLABBER, OR LOPPERED-MILK

Set a china or glass dish of skimmed milk away in a warm place, covered. When it turns - i. e., becomes a smooth, firm, but not tough cake, like blanc-mange - serve in the same dish, Cut out carefully with a large spoon, and put in saucers, with cream, powdered sugar, and nutmeg to taste. It is better, if set on the ice for an hour before it is brought to table. Do not let it stand until the whey separates from the curd.

Few people know how delicious this healthful and cheap dessert can be made, if eaten before it becomes tart and tough, with a liberal allowance of cream and sugar. There are not many jellies and creams superior to it.

Pasquotank County

ICE CREAM (Condensed Milk)

This recipe came from an old hand compiled cook book. It has been handed down through three generations.

1 can of condensed milk, thinned to proper consistency with fresh sweet milk. Sweeten and flavor to taste. Just before it begins to freeze, add 1 quart of fresh crushed fruit - preferably berries.

Mrs. L. L. Harvin, Pender County

BLACK PUDDING

A famous old New York State recipe dating back to Colonial times. Brought to North Carolina by Mrs. M. R. Knapp of Linwood Club, who lived in New York until a few years ago.

1 cup molasses	$\frac{2}{3}$ cup boiling water
$1\frac{1}{2}$ cups flour	1 teaspoon soda dissolved in the
1 teaspoon ginger	water

Mix together the flour, molasses and ginger. Add the boiling water and soda. Steam in a lightly greased 3 pint basin $1\frac{1}{2}$ hours without removing the cover of the steamer. Serve warm with the following sauce:

$\frac{1}{3}$ cup butter and $1\frac{1}{4}$ cups sugar (powdered or granulated) creamed together. Add 2 eggs and 1 teaspoon vanilla and beat hard. Makes 6 or 8 servings.

Davidson County

PLUM PUDDING

1 pound butter or suet	1 teaspoon nutmeg
1 pound grated bread crumbs	2 teaspoons cinnamon
1 pound brown sugar	2 teaspoons allspice
10 eggs	$1\frac{1}{2}$ teaspoons cloves
1 pound currants	$1\frac{1}{2}$ teaspoons mace
2 pounds raisins	$\frac{1}{2}$ teaspoon soda mixed with
1 pound citron	$\frac{1}{2}$ cup molasses
1 lemon—rind and juice	

Mix spices in $\frac{1}{4}$ cup wine and lemon juice. Bread crumbs with fruit. Beat eggs separately. Mix all ingredients (beaten egg whites last). Bake 4 to 5 hours.

Mrs. John G. Wood, Chowan County

Mrs. Jane S. McKimmon's

RASPBERRY PARFAIT

Whether this was a favorite dessert of Mrs. McKimmon's I do not know, but it is one which is easy to prepare and which she used often when she had distinguished guests.

Fresh red raspberries sprinkled over vanilla ice cream in tall parfait glasses so that some of them were down the sides and all the way to the bottom of the glass. Use an ice tea spoon for service.

Mrs. Maude P. McInnes, Wake County

GRANNY BOND'S SNOW PUDDING

This recipe for Snow Pudding was used by Mrs. Henry A. Bond ("Granny Bond") and her family as early as 1860 and is still a favorite in the homes of her daughters and friends in Edenton.

1 package gelatin	6 eggs (whites)
1 cup cold water	1 bottle cherries
1 pint boiling water	1 small coconut
2 cups sugar	Vanilla to taste

Soak the gelatin in 1 cup cold water, after dissolved, pour on one pint boiling water, then add 2 cups sugar and vanilla.

When congealing, beat in whites of six eggs (after they have been stiffly beaten). Serve with grated coconut sprinkled over and whipped cream on top. Then a cherry for "Dress Up."

Chowan County

LEMON CHEESE

This recipe has been used in the family of Mrs. Nora R. Elliott of Edenton for over seventy-five years, and is a favorite in her home today.

½ pound butter	6 eggs
2 pounds sugar	4 lemons

Melt butter in double boiler and add sugar. Stir in the eggs, well beaten, and rind and juice of the lemons. Stir carefully until thick. Pour in small jars.

This filling may be used in very small tart shells and can be made in advance, as it keeps a good while. Also good in puff pastry.

Mrs. E. N. Elliott, Chowan County

IRISH POTATO PUDDING

1 pint creamed potatoes	2 cups of milk
1 cup butter	Vanilla flavoring to taste
2 cups sugar	½ teaspoon salt
4 eggs beaten	

Mix and cook 1 hour in moderate oven (350° F.)

The above is one of the most popular dishes at wheat threshings in our community.

Mrs. Pearl Hunt, Orange County

LEMON PEANUT ICE-BOX PUDDING

1 tablespoon gelatin
½ cup cold water
¾ cup sugar
¼ teaspoon salt

1 cup boiling water
¾ cup lemon juice
1 cup heavy cream, whipped
1 cup coarsely ground peanuts

Soak gelatin in cold water 5 minutes. Stir in sugar and salt. Add boiling water and stir to dissolve. Add lemon juice. Chill in refrigerator until mixture starts to congeal. Beat until frothy. Fold whipped cream into mixture into pretty sherbet glasses, alternately with toasted ground peanuts. Yield: 8 servings.

Mrs. Fred L. Johnson, Northampton County

MARTHA WASHINGTON PUDDING (Serves 8)

This recipe was published in the Lexington Dispatch in the early 1920's. It was contributed by Mrs. C. M. Thompson, a member of a prominent family. We use this dessert when company drops in unexpectedly. It can be prepared while the meal is being cooked.

2 scant cups bread crumbs
Milk to cover crumbs
3 egg yolks
3 egg whites

1½ cups sugar
½ cup butter
½ pound seedless raisins
1 cup sweet wine

Cream butter and sugar. Add well beaten egg yolks and bread crumbs which have been soaked in milk. Add raisins and wine. Blend. Pour into buttered baking dish. Bake in moderate oven (350° F.) until pudding begins to set. Remove and cool. Spread top with meringue made from egg whites and 3 tablespoons sugar and ½ teaspoon vanilla. Brown in slow oven. Serve hot or cold.

Mrs. R. C. Lanning, Davidson County

NUTTY FINGERS

4 tablespoons powdered sugar
1½ stick butter
1 tablespoon water
½ cup chopped pecans

2 cups plain flour
2 teaspoons vanilla flavoring
¼ teaspoon almond extract

Cream butter. Then add other ingredients. Roll by hand in rolls about the size of your little finger. Put in oven and cook at 450°F. Take out and roll in powdered sugar.

Mrs. J. T. Watkins, Granville County

MOLASSES CUSTARD

- | | |
|-----------------------|-------------------------------|
| 2 eggs | 1 tablespoon of melted butter |
| 1 tumbler of molasses | 1 teaspoon soda |
| 1 tablespoon of flour | (put in butter last) |

Mix together and bake in pastry.

Mrs. R. S. Fergurson, Alexander County

PERSIMMON PUDDING

Here is a recipe that has been used for many years by the Horne family, is still in use today and we find it to be delicious with whipped cream.

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|---|------------------------------|
| 1 quart persimmons (mashed through sieve) | 2½ cups brown or white sugar |
| 1 quart sweet potatoes (mashed) | 3 tablespoons butter |
| 1 quart sweet milk | 1 teaspoon baking powder |
| 3 cups flour | 1 teaspoon cinnamon |
| 1 cup bread crumbs | 1 teaspoon allspice |
| 3 eggs (beat separately and then mix) | 1 teaspoon vanilla |

Mix together and bake.

Mrs. W. C. Curlee, Anson County

PECAN DATE ROLL

- | | |
|--------------------------------|--|
| 7½ ounces pitted dates | 1 cup broken pecan meats (you may use walnuts if you wish) |
| 2½ cups sugar (white) | 2 egg whites beaten very stiff (can leave eggs out) |
| 1 cup evaporated milk or cream | |
| 1 cup pecan halves | |

Stir sugar and milk in large saucepan, over medium heat until sugar is dissolved and mixture begins to boil. Reduce heat to low. Cook stirring constantly to prevent scorching, to 235° F. or until a little of the mixture dropped in cool water forms a soft ball. Fold in egg whites. Add chopped dates. Cook until dates soften and blend with mixture about 236° F. Remove from heat, add broken pecans, turn into a large shallow pan, cool slightly. Stir until mixture holds shape when molded in pan. Pile mixture on top of pecan halves which have been spread on wax paper. Press and shape into a roll, kneading mixture from outside. Be sure pecans or walnuts have covered all over the roll. Roll in wax paper and chill. Then slice in desired shape.

Mrs. Alex Wiseman, Avery County

MOLASSES PUDDING

- | | |
|----------------------------|--------------------------|
| ½ cup butter | 2 level teaspoons soda |
| 1 cup molasses | 1 teaspoon baking powder |
| ½ cup sugar | 2½ cups flour |
| 1 teaspoon powdered ginger | 1 cup boiling water |
| 2 eggs | Pinch of salt |

Cream butter and sugar; add eggs. Mix well. Add molasses. Sift flour, measure, add dry ingredients. Sift together. Add water to flour mixture. Bake in moderate oven (350° F.) about 45 minutes.

Mrs. Walton Aycock, Wayne County

PERSIMMON PUDDING

This is a delicious recipe and is a favorite in our family. Has been used about 80 years in the Pfaff family, some of the Moravian settlers in Bethania.

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|-----------------------------|--------------------------|
| 1 gallon persimmons, mashed | 1 teaspoon soda |
| 1 cup sweet milk | ½ teaspoon baking powder |
| 1 cup buttermilk | 1 teaspoon cinnamon |
| Strain through a sieve, add | 1 teaspoon ginger |
| 1 cup butter | 1 teaspoon vanilla |
| 3 or 4 eggs | 3 cups flour |
| 2 cups sugar | |

Mix together and bake in oven 375° F. until it shrinks away from the sides of the pan.

Julia Maude Conrad, Forsyth County

OLD SOUTHERN MADERIA ICE CREAM

This recipe was passed on to me by my sister-in-law, Mrs. Benton Farmer. It was given to her by her grandfather. It was always his favorite dessert and was passed to him, so she said, by his father and is supposed to have been "concocted" by her great-grandfather.

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|---------------------------|---|
| 1 quart cream | ¾ ounce essence of pepsin (get at drug store) |
| 2 quarts milk | |
| 3 ounces Maderia wine | 2½ cups sugar |
| 1½ ounces vanilla extract | |

Warm milk, add cream and sugar (will curdle). Add wine, extract, pepsin and freeze.

Mrs. Robert L. Yelverton, Wilson County

PERSIMMON PUDDING

½ gallon persimmons	6 eggs
2 cups boiling water	2 large sweet potatoes, grated
2 cups buttermilk	2 cups corn meal
1 teaspoon soda	1 teaspoon ginger
1 cup butter or shortening	1 teaspoon nutmeg
2 cups brown sugar	1 cup sifted flour

Force the persimmons through a collander or coarse sieve. Pour the boiling water over the persimmon pulp. Add the soda to the buttermilk and combine with persimmons and water. Cream the butter, add sugar and cream together. Add slightly beaten eggs. Sift the corn meal, ginger, nutmeg and flour together. Add to creamed mixture. Fold in the grated sweet potatoes. Pour into a large greased baking dish or several small ones and bake one hour in a moderate oven (350° F.). Serve warm.

Mrs. J. L. Jordan, Wilkes County

PERSIMMON PUDDING

Temperature 300° F. Time: About 1 hour.

2 cups persimmon pulp	1 teaspoon salt
3 eggs	½ teaspoon cinnamon
1 ¾ cups milk	½ teaspoon nutmeg
2 cups sifted flour	1 ½ cups sugar
½ teaspoon soda	3 tablespoons melted butter

Mix persimmon pulp, beaten eggs, and milk. Sift dry ingredients together and pour liquid mixture into them. Stir in melted butter. Pour into shallow-oiled pan to depth of about two inches. Bake. When cold, cut into squares and serve plain or with whipped cream. Also good with ice cream or fruits.

Variation

1. Coconut, raisins and nuts are pleasing combinations.
2. 6 tablespoons of dry milk may be substituted for liquid milk. Mix this with dry ingredients and add water as liquid.

Mrs. Rufus H. Rhyne, Stokes County

PANDOWDY

Copied from my mother's cookbook published in 1860.

Pare, core and slice thin some sour, juicy apples. Butter a deep baking dish or pan and put in a layer of apples; sweeten with brown sugar and flavor with lemon peel; strew over a layer

of bread crumbs and bits of butter. Repeat this until dish is nearly full, finishing with a layer of bread crumbs, bits of butter and a sprinkle of brown sugar. Bake till the apples are soft.

Mrs. Jesse Gardner, Warren County

PINEAPPLE BAVARIAN CREAM

This recipe was sent to me by a Pen Pal in Holland. She is the wife of a doctor in the village where they live. She was the mother of three children at the time she wrote last. She was born in Indonesia. Her husband is the only doctor in this village in which they live and she is his helper. She likes to cook and especially likes to try new recipes, so as I am a lover of new recipes too, she sent this one to me.

1 tablespoon plain gelatin (1 envelope)	¼ cup cold water
No. 1 flat can crushed pineapple (1½ cups)	1 cup whipping cream
	Juice of one lemon (3 tablespoons)

Soften the gelatin in the cold water for 5 minutes. Drain the juice from the pineapple and heat to boiling; stir in gelatin until dissolved and set aside to cool. Have the cream thoroughly chilled, either by pouring into freezing tray of refrigerator for an hour or two, or by placing in a bowl of cracked ice and salt. Beat in chilled bowl with rotary beater until fluffy, then add lemon juice and sugar and beat until very stiff. Fold in gelatin mixture and crushed pineapple lightly but thoroughly. Cover and chill in refrigerator until firm. Serve in chilled sherbet or parfait glasses. (Serves 5)

Mrs. Lloyd Hinson, Columbus County

GOOSEBERRY FOOL

1 quart of gooseberries, ripe	Yolks of four eggs
1 tablespoonful butter	Meringue of whites, and 3 table- spoonfuls sugar
1 cup of sugar	

Stew the gooseberries in just water enough to cover them. When soft and broken, rub them through a sieve to remove the skins. While still hot, beat in the butter, sugar and the whipped yolks of the eggs. Pile in a glass dish, or in small glasses, and heap upon the top a meringue of the whipped whites and sugar.

Mrs. J. L. Shipley, Pasquotank County

POTATO CRISP PUDDING WITH PRUNES

Peel and cut in 1/8 inch thickness, enough potatoes to make 4 cups

1 teaspoon allspice	1/2 teaspoon salt
1 cup sugar (light brown)	1/2 cup flour
1/2 cup butter	1 cup prunes
1 1/2 cup water (fruit juice may be used)	1 grated apple

Butter casserole, add potatoes, prunes, apple, pour over the water. Mix allspice, salt, butter, flour and sugar with fingers until crumbly. Spread over the potato mixture and bake uncovered until light brown 400° F. (It takes about 1 hour). Always put in cold oven.

Mrs. Annie Lee Vereen, Columbus County

SWEET POTATO PUDDING

5 medium size sweet potatoes	2 tablespoons butter
2/3 cup sugar	1 teaspoon vanilla
3/4 cup milk	1 cup raisins
2 egg yolks	1/2 cup black walnuts
1/2 teaspoon salt	

Boil sweet potatoes until tender. Peel and mash. Add other ingredients in order, and stir well. Bake in a buttered baking dish for 45 minutes in a moderate oven. Remove from oven and top with meringue made from 2 egg whites and 4 tablespoons sugar. Return to oven and brown.

Mrs. Guy Queen, Haywood County

SWEET POTATO PUDDING

Favorite recipe of Supreme Court Judge C. B. Denny.

2 cups grated raw sweet potatoes	1 teaspoon cinnamon
1 cup sugar	1 teaspoon nutmeg
1/2 cup flour	1/2 teaspoon ground cloves
2/3 cup butter	2 cups milk
2 eggs	

Cream together potatoes, sugar, butter, flour, eggs, spices, and milk. Grease baking dish and bake for one hour at 350° F. Stir occasionally while baking.

Mrs. J. W. Denny, Surry County

Recipe also submitted by: Mrs. A. R. Currin, Granville County

RICE PUDDING

This recipe was my great grandmother's. It was used by my grandmother who at one time lived in and helped operate the Seven Springs resort hotel when it was famous. At that time it was noted for its Saturday night square dances, which sometimes lasted all night, my grandfather playing the violin, and his sister the piano. This recipe dates back to about 1850.

2 cups cooked rice	1/3 cup sugar
1 cup sweet milk	Grated rind 1/2 lemon or
1/2 cup raisins	1/2 teaspoon nutmeg

Mix ingredients, place in buttered dish, and bake in a slow oven until the rice has absorbed the milk and is brown.

Mary Ivey, Wayne County

NORTH CAROLINA SNOW CREAM

The following recipe to me is a typical North Carolina recipe. When we first moved down to North Carolina in the winter of 1939 we lived on a farm. Our closest neighbor was a typical farm family with a large number of children. We had a big snow that winter and for the first time in my life, I saw six children eating what looked like to me large water glasses of snow. Later that day I stopped in to see a neighbor, she said, "My, wasn't it nice to see all that nice snow and to have snow cream again." When I looked amazed, she enlightened me. Needless to say I have been an addict ever since. I often wondered why in the world the children in Ohio, (my native state), Indiana or other Northern states didn't make this delicious confection.

Here is the recipe to the best of my knowledge:

Put about 2 tablespoons of sugar, 1 teaspoon vanilla or other flavoring in a large glass. Take some nice freshly fallen clean snow, or if not freshly fallen, scrape off the hard crust, add a little to the sugar alternately with thick sweet cream. Just keep adding and stirring vigorously and keep tasting as you go along. If not sweet enough, add more sugar or cream. Condensed milk may be used or undiluted canned evaporated milk. Lemon juice added to the sugar and sour cream used instead of sweet is delicious. We have also used chocolate syrup and maple syrup instead of sugar.

Mrs. W. Kenneth Cuyler, Durham County

GRATED SWEET POTATO PUDDING

(The following is from an old cook book in the family of Mrs. Fred Wood, Edenton, N. C.)

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|---|--------------------------------------|
| 1 large tablespoon butter
creamed with | 1 lemon—grated rind and juice |
| $\frac{3}{4}$ cup white sugar | $\frac{3}{4}$ cup home made citron |
| Add beaten yolks of 2 eggs | 2 teaspoons vanilla |
| 4 tea cups grated sweet potato | $\frac{1}{2}$ teaspoon baking powder |
| 1 can coconut | Pinch of salt |

Add beaten whites last and bake slowly. Highly flavored (wine) hard sauce adds everything to pudding.

SLIGHT PUDDING

This recipe is much over 100 years old, being used in the Forney family for generations.

I remember years ago when my brother, James H. Forney, who was then Attorney General of Idaho, brought his wife with him for a visit to our mother, Mrs. Harvey Forney of Rutherford County, North Carolina.

He requested his mother to make a Slight Pudding for a dinner she was giving in honor of him and his wife. Of course, his mother did so. Among the guests were Mrs. Forney's niece, Mrs. Mary Forney Nabers and her husband, Dr. A. H. Nabers.

3 pints of milk thickened with 5 heaping tablespoons of flour and 1 large tablespoon butter.

While this is cooling, beat the yolks of 6 eggs with a teacup of sugar and add to it, then beat the whites to a stiff froth and stir in lightly. Bake a light brown in a slow oven. Flavor with lemon.

Mrs. R. F. Tate, Rutherford County

PIES and pastry



ANGEL FOOD PIE

Ingredients for two 9-inch crusts:

2 cups sifted flour	$\frac{2}{3}$ cup good shortening
$\frac{1}{2}$ teaspoon salt	2 to 4 tablespoons cold water

Filling for one 9-inch baked pastry shell:

4 egg whites	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon vanilla	1 cup ground nut meats
$\frac{1}{2}$ pint whipping cream	

Beat egg whites stiff. Add $\frac{1}{2}$ cup sugar and 1 teaspoon vanilla. Beat until mixture stands in peaks. Pour into baked pie shell. Bake in a slow oven 325° F. about 20 minutes until whites are light brown. Remove from oven and cool. Whip cream. Add $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon vanilla. Spread evenly over cooled pie. Sprinkle with nut meats. Double contents for 2 pies.

Mrs. W. E. Stanley, Lee County

ANGEL PIE

4 egg whites (room temperature)	$\frac{3}{4}$ teaspoon cream of tartar
1 cup sugar	

Add cream of tartar to egg whites and beat until foamy. Add sugar gradually and continue beating until whites will stand in peaks. Spread in greased pie plate and bake at 275° F. for 20 minutes and 300° F. for 40 minutes.

Filling:

4 egg yolks	5 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	3 teaspoons lemon rind

Beat egg yolks until thick. Add other ingredients. Cook over hot water until thick. Cool. Whip $\frac{1}{2}$ pint cream. Spread half of cream on meringue crust, cover with lemon filling. Top with remaining cream. Serve cool.

Mrs. Lonnie Edwards, Alleghany County

QUICK APPLE PIE

3 large apples, or enough to fill an 8 inch pie plate. Sprinkle with $\frac{1}{4}$ teaspoon of cinnamon. Add $\frac{1}{2}$ cup water. Put in a bowl:

1 cup of sugar
1 cup of sifted flour

$\frac{1}{4}$ cup of butter

Work this together with your fingers until it looks like corn meal. Put this mixture on top of the apples and bake in oven until brown and the apples are done.

Mrs. A. B. Moss, Granville County

APPLE PIE

This recipe has been in my family for 30 years.

1 paste double crust
2 cups sliced apples
1 cup sugar
3 tablespoons water

2 tablespoons flour
4 tablespoons butter
 $\frac{1}{2}$ teaspoon cinnamon

Prepare bottom crust and fill with tart cooking apples sliced very thin. Sprinkle sugar over them; add water; distribute butter in small lumps over surface; sprinkle with flour and then the cinnamon; adjust top crust, well perforated. Bake in moderate oven. If preferred, top crust may be made of latticed strips of paste.

Mrs. W. T. Dawson, Nash County

BUTTERSCOTCH PIE

This recipe was brought from Kentucky in 1884 and has been in use by our family since that time.

2 cups dark brown sugar
6 tablespoons flour
 $\frac{1}{8}$ teaspoon salt

2 egg yolks
2 tablespoons butter
2 cups milk

Blend sugar, flour, salt; add the well beaten egg yolks, butter and milk. Cook in the top of a double boiler until thick. Cool slightly. Pour into a baked cooled pie shell. Cover with meringue and bake in a moderate oven until lightly browned.

Meringue—2 egg whites, 6 tablespoons sugar, 1 teaspoon vanilla. Beat the egg whites until they will hold their shape, add sugar one spoonful at a time. Beat until dry; add vanilla and cover pie. Bake as directed.

Mrs. Robert Anderson, Person County

BOSTON CREAM PIE

(For Strawberry Short Cake)

$\frac{3}{4}$ cup sugar	$\frac{1}{8}$ teaspoon salt
1 cup flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup boiling milk	$1\frac{1}{2}$ teaspoons baking powder
2 eggs	

Sift and measure flour, add baking powder, sugar and salt. Re-sift together three times. Beat egg yolks to lemon color. Beat egg whites stiff, then mix together. Fold the flour mixture into the egg mixture, add hot milk very slowly, add vanilla, bake. When cool, split layer and butter lightly - add strawberries and whipped cream.

Mrs. Kenny Laws, Lee County

BUTTERMILK PIE

2 cups milk	1 tablespoon butter
1 cup sugar	1 teaspoon lemon extract
3 egg yolks	Grated rind of 1 lemon
4 tablespoons flour	

Beat yolks and sugar. Rub butter and flour together and add the beaten egg yolks and sugar, buttermilk, extract and lemon rind. Bake in pie crust. Beat egg whites and add 9 tablespoons sugar to meringue, spread on top of pie and brown. This makes two pies.

Mrs. J. A. Harris, Sr., Montgomery County

CHOCOLATE CREAM PIE

1 cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup flour	2 egg yolks
$\frac{1}{8}$ teaspoon salt	2 squares chocolate
2 cups scalded milk	1 teaspoon butter

Melt the chocolate in the milk. Mix the dry ingredients. Add milk and chocolate gradually. Cook 15 minutes in double boiler stirring constantly until mixture thickens, and afterwards occasionally. Mix a small amount of the mixture with the egg yolks and return to the double boiler. Cook about three minutes. Cool and add vanilla. Fill baked pie shell. Cover with meringue made from two egg whites and four tablespoons of sugar. Brown slightly.

Eileen Jordan, Wilkes County

BROWN SUGAR PIE

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|----------------------------------|-----------------------------|
| 1 cup brown sugar, firmly packed | ¼ teaspoon salt |
| 1 egg slightly beaten | 1 teaspoon vanilla |
| 2 tablespoons flour | 2 tablespoons melted butter |
| 3 tablespoons milk | |

Mix in order given. Pour in unbaked pie shell. Bake in moderate oven about 15 minutes.

Miss Mary Linville, Forsyth County

BROWN SUGAR PIE

This recipe came from my sister-in-law's mother, Mrs. Alvin Lowe, in Greensboro. It is over 50 years old.

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|--------------------|--------------------|
| 2 cups brown sugar | 1 cup milk |
| 2 eggs | 2 teaspoons butter |

Cream butter and sugar. Add eggs and milk. Bake in unbaked pie crust in slow oven.

Mrs. Lancy Short, Anson County

COTTAGE CHEESE PIE

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| 1 pint cottage cheese | ¼ cup butter |
| 2 eggs | ¼ teaspoon salt |
| 1 cup sugar | ½ cup milk |
| 1 tablespoon flour | |

Mash cheese, add beaten eggs, sugar, flour, salt, melted butter, ½ cup milk. Flavor with vanilla and grated nutmeg, and bake in 9 inch pastry lined pie pan. Bake in oven 325° F. 35 minutes or until knife comes out clean.

Mrs. George W. Cooper, Sr., Forsyth County

COCONUT PIES

My mother's recipe from an old, old cookbook.

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|-------------------|-------------------------|
| 2 coconuts grated | 3 tablespoons flour |
| 2½ cups sugar | Butter (size of walnut) |
| 3 cups milk | 1 teaspoon vanilla |
| 5 eggs | |

Beat eggs well, then add sugar in which flour is mixed. Beat well. Add butter, coconut, then milk; mix well. Lastly add vanilla. Put mixture in unbaked pie shell and cook in moderate oven 375° F. until filling will shake like jelly and pie is golden brown. This recipe makes about 3 pies.

Mrs. C. E. Thompson, Warren County

CHOCOLATE PIE

This recipe belonged to my grandmother, Mrs. A. V. Finley, 50 years ago.

1 baked pie shell
1 cup milk
 $\frac{1}{4}$ teaspoon salt
1 square bitter chocolate
or 4 tablespoons cocoa

3 tablespoons cornstarch
2 eggs separated
 $\frac{3}{4}$ cup sugar
1 teaspoon vanilla

Beat egg yolks slightly. Add cornstarch to make paste. Add milk. Finally add the melted chocolate and sugar. If cocoa is used, mix it thoroughly with the cornstarch before adding the egg and milk. Cook in double boiler. Pour into pie shell, allow to cool and then cover with stiffly beaten egg whites to which two tablespoons powdered sugar have been added. Place in moderate oven to brown.

Mrs. Artis White, Wilkes County

PUMPKIN CHIFFON PIE

This is an old Morris Family recipe. The original used Pig Foot broth for gelatin, and it is still my favorite pumpkin pie recipe.

Crust:

Line a 9-inch pie plate with Old-Fashioned Ginger Snaps, cutting enough in halves to stand up around inside of plate. Fill with Pumpkin Chiffon Filling.

Filling:

1 cup cooked pumpkin
3 eggs separated
 $\frac{1}{2}$ cup sugar
1 cup milk
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ginger

$\frac{1}{4}$ teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons melted butter
1 tablespoon plain gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup sugar

Cook pumpkin in double boiler 10 minutes, stirring occasionally. Mix egg yolks, sugar, and milk. Add to pumpkin with salt, spices, and melted butter. Stir and cook until of custard consistency. Remove from heat, add gelatin, which has been softened in cold water. Stir until dissolved. Chill. When mixture begins to stiffen, fold in stiffly beaten egg whites to which has been added $\frac{1}{2}$ cup sugar. Pour into ginger snap crust. Chill 3 hours. Top with whipped cream.

Mrs. Paul Peddycord, Forsyth County

CUSTARD PIE

This recipe for Custard Pie has not been in print as far as I know. It was handed down from the Tunstall family of Vance County about 1848 to Mrs. Eliza T. Ellington. Mrs. Ellington gave it to my mother, Mrs. Lottie Stone Paschall, of Warren County about 1896. She in turn taught me to bake this pie about 1910.

1 cup white sugar	3 eggs (originally 5 in recipe)
1 cup damson preserves	Pinch of salt
½ cup butter	

Cream butter, sugar, add well beaten egg yolks. Add damson preserves. Add salt to egg whites and beat until very stiff. Add to above mixture. Pour into uncooked pie shell. Bake slowly until done.

Mrs. Jodie Shipp, Durham County

CITRON PIES

This recipe is one used by Miss Mary Forney, afterwards Mrs. A. H. Nabers, during and right after the War Between the States when she made individual citron pies to go with other food sent to Southern prisoners.

3 cups brown sugar	4 eggs
Scant ¼ pound butter	

Cream butter and sugar, then add the eggs. Beat well. Pour into unbaked pie shell. A rich biscuit dough is better than pastry for the shell. Bake in a slow oven.

Mrs. O. J. Holler, Rutherford County

SOUTHERN PUMPKIN PIE

(Recipe 100 years old)

To make this delicious pie, bake sliced pumpkin in the oven till soft, scrape pumpkin from shell and rub well through the collander or sieve; for three small pies use one quart of milk, stir in three cups of the pumpkin, one and one half cups of maple syrup. Beat separately the white and yolks of four eggs and add first the white then the yellow; add one half teaspoon salt and one teaspoon each of cinnamon and ginger. Bake with one crust. When cool spread pie with tart plum jam and whipped cream over jam. This is very delicious.

Mrs. Thelma Spivey, Northampton County

CHESSE CAKE OR PIE

My great grandmother was 96 years old when she passed away. I just can remember her, and this was her recipe so I can't tell how old it is.

May be baked in muffin pans, any small pans, or either in pie pans. Line pans with regular crust, rolled thin. Bake altogether.

1 cup sugar
 $\frac{3}{4}$ stick butter

4 egg yolks
1 teaspoon vanilla

(Makes one large pie or 12 to 15 small pies.)

Cream the sugar and butter together. Beat 2 eggs. Add 1 teaspoon vanilla. Pour into unbaked crust and bake until done at a 375° F. oven.

Mrs. J. P. Alford, Brunswick County

CHESSE PIE

$\frac{1}{3}$ cup butter
2 eggs well beaten
1 cup chopped dates
1 teaspoon vanilla

1 cup sugar
 $\frac{1}{4}$ cup milk
1 cup chopped walnuts (or pecans)
1 unbaked pie shell

Cream, butter and sugar, add eggs with nuts, dates and vanilla. Bake 450° F. for ten minutes then reduce the heat 350° F. Bake until firm then serve with whipped cream.

Mrs. Louise Barber, Onslow County

CHESSE TARTS

This recipe was given to me by Mrs. Bettie Harris, Seaboard, North Carolina. She is the daughter of Mrs. J. N. Ramsay and Dr. Ramsay. Dr Ramsay is given the credit of having fired the first shot in the War Between The States. He was born in 1836 and died in 1904.

4 egg yolks
1 light tablespoon flour
1 cup sugar

$\frac{3}{4}$ cup melted butter
2 tablespoons milk

Cream sugar and butter until smooth. Add flour and mix well. Add eggs one at a time and mix thoroughly. Beat well after each egg yolk is added. Add milk. Mix well. (Grate nutmeg over each tart, if you like.) Pour on crust. Bake until brown.

Mrs. H. H. Hargrave, Northampton County

CHESSE PIE

This pie is a favorite of Paul A. Reid, native of Pilot Mountain, N. C., who is now president of Western Carolina Teachers College at Cullowhee, N. C.

$\frac{2}{3}$ cup white sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup white corn syrup	$\frac{1}{8}$ teaspoon nutmeg
3 eggs slightly beaten	1 tablespoon butter, melted
$1\frac{1}{2}$ tablespoons corn meal	

Mix in order given and bake in unbaked pie shell at 350° F. until done.

Mrs. Will Reid, Surry County

CHESSE PIE

This recipe came from the kitchen of Mrs. Green Stephens, near Leasburg, Caswell County, and was used about 1825-1850. Mr. and Mrs. Stephens had twelve children, ten of them reaching maturity. Seven served in the War Between the States, three of them paying the supreme sacrifice.

The kitchen was a double cabin in the back yard, and slaves cooked on a fireplace.

10 egg yolks	2 teaspoons cream
$\frac{3}{4}$ pound butter	Lemon flavoring
1 pound sugar	

Cream butter and sugar, add beaten eggs, cream and flavoring. Beat well. Pour into individual tart pans, lined with rich pastry. Cook at low heat for an hour.

Mrs. Taylor Long, Caswell County

CHESSE PIE

16 egg yolks	2 tablespoons flour
2 cups sugar	$1\frac{1}{2}$ tablespoons vinegar
$\frac{3}{4}$ pound boiling butter	Nutmeg

Beat eggs light, add sugar and flour (sifted together) gradually. Wash salt from butter and heat until it boils. Add slowly to yolks. Beat well. Add vinegar and nutmeg. Pour in pie shell and bake.

Mrs. P. G. Reid, Northampton County

(Note—Testing committee suggest since we use salt in most foods it is not necessary to remove salt from butter. May add lemon juice for added flavor.)

COCONUT PIE

(Recipe for two pies)

¼ pound butter
1 cup sugar
6 eggs, separated
2 juicy oranges

1 large can milk
1 large coconut (grated)
Grated rind of 1 orange

Mix butter and sugar until creamy, add egg yolks and mix well. Add juice from oranges, and grated rind, then add coconut and milk. The custard should be very juicy.

Line two nine-inch pie plates with your favorite crust. Build up the sides as high as possible, and crimp the edges. Pour the custard in the pie shells and cook in moderate oven until crust is brown. Remove from oven and cover both pies with meringue made from the six egg whites. Return to oven and brown meringue.

Mrs. Louis Dennis, Carteret County

COCONUT PIE

1 cup sugar
2 tablespoons flour
Pinch of salt
2 eggs
1 cup milk

1 cup coconut, shredded (1¼
cups if fresh grated)
1 teaspoon vanilla
2 tablespoons butter, melted

Mix sugar, flour and salt. Beat eggs slightly, add coconut, milk and vanilla. (If time permits, soak coconut in milk several hours to restore moisture.)

Combine with dry ingredients, mix well. Add melted butter. Bake in unbaked pastry shell at 375° F. for 25 - 30 minutes.

Mrs. O. D. Lyon, Jr., Granville County

JEFF DAVIS PIE

This recipe is very old.

1 cup sugar
½ cup butter
2 tablespoons flour
¼ cup milk

3 egg yolks
1 teaspoon vanilla
1 cup plum or damson preserves

Beat egg yolks. Add sugar, then flour. Then mix butter and milk, also flavoring. Roll out the crust and put in the pie tin. Spread with the preserves and pour over the custard mixture. Bake in a slow oven. When done cover with meringue and brown.

Mrs. J. A. Harris, Sr., Montgomery County

DRIED APPLE CUSTARD

This is one of the oldest recipes that I can remember my grandmother, Mrs. Tom Williamson, making. The older generations liked it better than this generation. It seems to be a favorite of older people since they like the tart flavor that the apples give. Very good with a cold glass of sweet milk.

1 cup stewed diced apples (homemade)	½ cup sugar
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Custard

½ cup sugar	1 cup milk
2 eggs	

Spread the sweetened apples in an unbaked pie crust. Pour the custard over the apples and bake for fifteen minutes at 300°F., then increase heat to 325°F. and bake the custard until it is firm and light brown.

Mrs. Stephen Watson, Wilson County

EGG CUSTARD PIE

6 eggs, whole	2 cups sugar
1 cup milk	2 tablespoons butter
Dash of nutmeg	Pinch of salt

Beat eggs until foamy. Mix sugar and milk. Pour into eggs and beat well. Make rich crust and cook in moderate oven forty-five minutes. No meringue.

Mrs. Annie Kate Trawick, Stokes County

OLD FASHION EGG CUSTARD

This is an old Haywood County recipe for egg custard and has been handed down through the ages for many generations.

4 eggs slightly beaten	3 cups milk, scalded
¼ teaspoon salt	1 teaspoon vanilla
½ cup sugar	Nutmeg

Combine eggs, vanilla, sugar, and salt; add scalded milk slowly. Line pie pan with plain pastry, pour in filling and sprinkle with nutmeg. Bake in medium hot oven (300°F.) 30 to 40 minutes or until a knife inserted comes out clean. Makes one 9" pie.

Mrs. Cephas Clark, Haywood County

DAMSON PRESERVES PIE

1 cup damson preserves
1 stick butter, melted
Yolks of 5 eggs

Whites of 3 eggs
1 tablespoon vanilla

Beat the eggs well, add preserves, butter and vanilla. Mix well and pour in uncooked crust and bake. When done, top with meringue made with the two egg whites. Return to oven and brown. If Damson preserves are not available, use plum or grape preserves.

Mrs. Josephine Cowan, Pender County

GRANDMOTHER'S OLD-FASHIONED CARAMEL PIE

This recipe has been used since 1869 first by my grandmother, Mrs. Mary E. Bryan, then by my mother, Mrs. Nannie Bryan Williams.

4 eggs
2 cups brown sugar
4 tablespoons flour
1 cup sweet milk

1 tablespoon butter
1 teaspoon vanilla
8 tablespoons sugar for meringue.

Separate eggs, beat yolks until light and fluffy, add sugar, small amount at time. Add flour, milk and butter. Cook until thick in top of double broiler. Add flavoring and cool. Pour into pie shell.

Beat egg whites until peak forms. Add sugar gradually. Beat until smooth and add $\frac{1}{2}$ teaspoon vanilla and spread over filling. Bake at 300°F, 12 minutes or until light brown.

Variation: To make a delicious old fashioned raisin pie, add 1 cup raisins to the above filling and cover with meringue.

Mrs. Harold Thornton, Sampson County

GRANDMOTHER'S DRIED PEACH PIE

My grandmother made this pie as her favorite dessert when I was a small child. The recipe is over 100 years old.

2 cups stewed peaches
(sweetened to taste)

3 beaten egg yolks
Dash cinnamon

Mix and pour in unbaked pie crust. Bake in hot oven at about 450°F. until brown. Remove from oven, cover with meringue made from remaining three egg whites. Sprinkle on top with cinnamon. Return to oven to brown the meringue. Allow to cool before serving.

Mrs. G. B. Boykin, Wilson County

GRANDMOTHER'S LEMON CHESS PIE

This is a very old recipe and was originally beaten by hand.

Line pan with pastry

Stir together:

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| 2 cups sugar | $\frac{1}{4}$ cup melted butter |
| 1 tablespoon flour | $\frac{1}{4}$ cup milk |
| 1 tablespoon corn meal | 4 tablespoons grated lemon rind |
| Add: | $\frac{1}{4}$ cup lemon juice |
| 4 eggs unbeaten | |

Beat with a mixer until thoroughly blended. Pour into pie pan and cook 35 to 45 minutes (or until a knife blade inserted comes out clean) at 375° F.

Mrs. Otha Riddick, Gates County

SOUTHERN LEMON PIE

This recipe was handed down to me by my mother.

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| 1 $\frac{1}{2}$ cups sugar | 3 egg yolks |
| 5 tablespoons cornstarch or flour | 1 lemon and rind |
| 1 $\frac{1}{4}$ cups boiling water | 1 baked pastry shell |
| 1 tablespoon butter | 1 recipe meringue |
| $\frac{1}{8}$ teaspoon salt | |

Mix sugar and cornstrach in top of double boiler. Add water gradually, stirring constantly. Beat egg yolks and add to first mixture slowly, then cook over water until thickened. Remove from heat. Add butter, lemon juice and rind. Pour into pie shell and top with meringue. Bake at 400° F. until browned lightly.

Mrs. A. H. Pridgen, Jr., Pender County

LEMON CREAM PIE

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| 2 tablespoons butter | Juice of 1 lemon |
| 8 tablespoons flour | Grated rind of $\frac{1}{2}$ lemon |
| 1 cup sugar | 2 teaspoons confectioners' sugar |
| $\frac{1}{4}$ teaspoon salt | 2 egg whites |
| 2 cups milk | Baked pie shell |
| 2 egg yolks | |

Melt butter and add flour, sugar, salt, milk and beaten egg yolks, mix well. Cook over hot water until thick, stirring constantly. Remove from heat, add lemon juice and rind and mix well. Pour into baked shell. Cover top with meringue which has been stiffly beaten and sweetened with confectioner's sugar. Bake in a moderate oven for about 15 minutes.

Mrs. Kathleen J. Eakins, Pender County

LEMON CHESS PIE

¼ stick of butter

1 cup sugar

2 egg yolks

1 big lemon

2 egg whites

Cream sugar and butter, add egg yolks and lemon juice. Fold in well-beaten whites. Bake in unbaked pastry shell at 375° for about 30 minutes or until pie filling is well "set". Serve cold. (Shake—if firm it is done)

Mrs. A. R. Currin, Granville County

LEMON PIE

⅔ cup sugar

1 cup boiling water

5 tablespoons flour

2 egg yolks

2 tablespoons butter

Rind and juice of one lemon

Mix sugar and flour in the top of double boiler. Add water and stir until smooth. Stirring rapidly add well beaten egg yolks. Add rind and lemon juice and cook over boiling water until thickened. Add butter and beat until cool and creamy. Pour into a baked pie shell and top with meringue.

MERINGUE

2 egg whites

2 tablespoons powdered sugar

¼ teaspoon baking powder

Pinch of salt

Have egg whites room temperature. Place in deep bowl with baking powder and heat until bowl can be inverted. Add sugar and put over pie.

Mrs. George Highsmith, Jr., Pender County

Mrs. Wesley Walker, Orange County

LEMON PIE

4 eggs

5 tablespoons flour

1 cup sugar

2 lemons

1¼ cups water

Few grains salt

Mix sugar, flour and salt. Separate eggs and beat yolks, add yolks and lemon juice to sugar. Mix well, then add boiling water and cook in double boiler until thick. Pour into baked pie shell, beat egg whites with 8 tablespoons sugar and cover pie. Place in oven until browned.

Mrs. T. E Thimble, Madison County

OLD-FASHIONED MOLASSES PIE

(Mother Cotten's "Cottendale")

Mrs. Sallie Southall Cotten, daughter of Col. Thomas James and Susan Sim Southall was born in Lawrenceville, Virginia, but her girlhood was spent in Murfreesboro, N. C., and she has always been identified with the Old North State. She was educated at Greensboro Female College, and in 1866 married Mr. Robert Randolph Cotten, and in 1868 moved with him to Pitt County. She rendered efficient service to North Carolina as a Lady Manager, both on National and State Boards at the Chicago World's Fair. Was also appointed Lady Manager for her state at the exposition of Atlanta and Charleston. She was an enthusiastic believer in organized womanhood, and for years was associated with the Congress of Mothers, in which she held many offices and remains now an Honorary Vice President of that organization. She was active in the work of the North Carolina Federation of Women's Clubs, and for many years had been President of the End of Century Club of Greenville. She was also a member of the King's Daughters and the Daughters of the Confederacy.

She is the author of *The White Doe*—a poem of some length, found on the early history of North Carolina. She has also written many other poems and short stories, which were published in various magazines but her time has been given principally to rearing her children and conducting her domestic affairs and dispensing the hospitality of her home "Cottendale."

1 tablespoon melted butter	4 eggs (beaten separately)
½ tablespoon nutmeg	1 cup sugar
1 tablespoon flour (heaping)	1½ cup molasses

Blend ingredients together. (Keep egg whites for meringue). Pour into unbaked rich pie shell and bake in slow oven about 45 minutes. Top with meringue, brown.

Mrs. Russell Wiggins, Pitt County

MOLASSES PIE

3 eggs	1 cup molasses
1 cup sugar	1 tablespoon butter (melted)
1 tablespoon flour	3 tablespoons milk

Mix ingredients. Put in crust and bake in moderate oven. Makes two pies.

Mrs. Hugh B. Bryan, Edgecombe County

MOLASSES PIE

The Molasses Pie recipe is very old, originating here in the South, dating back possibly 100 years and used so much right after the molasses was made in the fall.

1 cup molasses
½ cup sugar
¼ cup flour
4 eggs
¼ cup milk

1 teaspoon vanilla
¼ teaspoon nutmeg
2 tablespoons butter
Few grains salt

Cream butter, add beaten eggs and sugar mixed with flour. Then add vanilla, nutmeg and salt. Add molasses and milk and pour into unbaked pie shell. Bake at 375° F. Makes two—8 inch pies. It is better eaten when warm.

Mrs. A. Crouse Jones, Forsyth County

PECAN PIE

3 eggs
½ cup sugar
1 cup corn syrup

2 cups chopped pecans
3 tablespoons melted fat
½ teaspoon salt

Beat eggs, add sugar, syrup, fat, vanilla and nuts. Add pinch of salt. Mix well and pour into a partly baked crust and bake in a moderate oven 300° F. about 45 minutes. The nuts float on the top making a firm crust that browns nicely if the pie is baked slowly.

Mrs. Stephen Watson, Wilson County

Peanut Pie—a new version of the famous pecan pie—is my original dessert.

PEANUT PIE

1 cup dark syrup
3 eggs, unbeaten
3 tablespoons flour
2 tablespoons melted butter

¼ teaspoon salt
1 cup whole, parched peanuts
8 inch unbaked pastry shell

Combine syrup, eggs, flour, butter and salt in mixing bowl. Beat with rotary beater 60 turns only. Spread toasted peanuts in bottom of unbaked pastry shell. Pour liquid mixture over top. Bake in a moderate oven (350° F.) 30 minutes. Yield: One 8 inch pie.

Mrs. Fred L. Johnson, Northampton County

PECAN PIE

Step 1—Make pie shell. Step 2—Pour 1 cup shelled pecans into pie shell. Mix:

3 eggs	1 teaspoon vanilla
1 cup corn syrup	$\frac{1}{4}$ cup butter or margarine
$\frac{1}{2}$ cup sugar	Pinch of salt

Pour over pecans—Cook until firm—350° F.

Mrs. Faye Hamilton, Pender County

PECAN PIE

3 eggs	1 teaspoon vanilla
2 tablespoons sugar	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	1 cup pecans
2 cups corn syrup	

Beat eggs until light. Combine sugar and flour and add to eggs, beat well. Add syrup, vanilla, salt and pecans. Turn into a pastry lined pie pan and bake in moderate oven about 45 minutes or until custard sets and is lightly browned.

Mrs. R. C. Kirby, Madison County

POTATO PIE

This recipe is over one-hundred years old.

1 cup of well-mashed potatoes	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups of sweet milk	1 teaspoon butter
3 well-beaten eggs	Mix ingredients

Season with nutmeg and cinnamon, to taste. Turn into raw crust and bake in a moderate oven. Serve with sweet cream flavored with vanilla. This is delicious. Note—Use heaping instead of level measurements.

Mrs. Marvin Pelletier, Lenoir County

IRISH POTATO CUSTARD

$\frac{1}{2}$ cup mashed Irish potatoes	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt	1 egg
2 tablespoons butter	

Mix potatoes, butter, sugar and eggs together and beat well. Add $\frac{2}{3}$ cup of milk. 1 tablespoon flavoring. Pour into pastry lined pan and bake 25 minutes at 450°F.

Mrs. R. J. Hatley, Stanly County

SWEET POTATO CUSTARD

2 cups mashed potatoes
3 eggs
2 tablespoons butter
6 tablespoons sugar

1 cup sweet milk
 $\frac{1}{2}$ cup sugar
1 tablespoon salt nutmeg, if desired

Beat the yolks of the eggs into the cooked mashed potato, add the melted butter, and then the other ingredients. Pour into a pie pan lined with the pastry. Bake in a moderate oven until the pie is set. Make a stiff meringue of the egg whites and six tablespoons of sugar, spread over the top of the pie, and bake slowly until a delicate brown. One-fourth cup of coconut may be added to the filling.

Mrs. Pinkney Williams, Columbus County

POOR FOLKS PIE

My great aunt raised my mother and this is a recipe she gave her that she had used. This poor folks pie was one of the favorites during those days as it was hard to get flour or any kind of bread, so they would use the few cold biscuits left over for the pie. It was especially good for my mother as she had eight children to cook for and it was so quick and easy to make.

1 quart canned peaches

1 cup sugar (Leave out sugar if peaches already sweetened)

Combine these two and put in pan and bake in oven 400° F. for 15 minutes. Take out and crumble four cold biscuits over top and put back in oven and brown at moderate temperature for 10 minutes.

Mrs. Joe Stuckey, Wayne County

AUNT POLLY'S PINEAPPLE PIE

1 small can crushed pineapple
 $\frac{1}{2}$ cup coconut
2 cups scalded rich milk
2 egg yolks

$\frac{1}{2}$ cup sugar
Butter—size of an egg
3 tablespoons cornstarch
1 teaspoon vanilla

Combine all ingredients except pineapple, coconut and vanilla. Cook in double boiler until thick. Add pineapple, coconut and vanilla. Fill a baked pie crust. Cover with meringue that has been made of the two egg whites, $\frac{1}{8}$ teaspoon of cream of tartar and 2 teaspoons sugar beaten until stands in peaks. Brown in oven.

Mrs. Maynard Harris, Wilkes County

PINEAPPLE DELIGHT

1 small can pineapple
1 package marshmallows
1 lemon

1 can evaporated milk
1 box vanilla wafers

Heat $\frac{3}{4}$ cup pineapple with 1 package small marshmallows. Chill. Whip milk that has been chilled in refrigerator. Add pineapple and melted marshmallows. Add lemon juice. Whip all ingredients together and line pie plate with wafers. Pour in pie plate and chill before serving. Serves 6.

Mrs. M. D. Roberts, Pender County

PUMPKIN PIE

$\frac{3}{4}$ cup brown sugar
 $\frac{1}{4}$ cup white sugar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{4}$ teaspoon nutmeg
 $1\frac{1}{4}$ cups pumpkin

$1\frac{1}{4}$ cups warm milk
2 whole eggs (well beaten)
2 tablespoons melted butter
2 teaspoons orange rind
1 teaspoon orange juice
 $\frac{1}{2}$ cup nuts (pecans or black walnuts)

Combine pumpkin, sugar, and salt and spices. Blend. Add milk, eggs, orange juice and rind. Fold in nuts. Pour in pie pan lined with pastry. Cook at 450° F. for 10 minutes. Then 350° F. for 1 hour. Serve with whipped cream or plain.

Mrs. Elizabeth Silvers, Yancey County

RECIPE FOR TARTS

Cousin Parmelia's (Melie) Church's
(Old Salem Resident)

Miss Church was a cousin of my mothers. This recipe was given to me in April, 1921. She fixed these tarts for parties for the wealthy people in Winston-Salem for years, Also at Salem College. She died about 1930 at the age of 86.

$1\frac{1}{2}$ cups brown sugar
6 egg yolks
Butter size of two eggs
(3 egg whites well beaten)

you can omit whites and tarts
will not blister as badly
Flavor with fresh lemon juice.
Bake in rich pie crust

Cream butter. Add brown sugar slowly and cream well. Beat six egg yolks slightly. Add to butter and sugar mixture. Last fold in beaten egg whites and add about 2 teaspoons of fresh lemon juice. Bake at about 400°F. until golden brown.

Julia Maude Conrad, Forsyth County

PUMPKIN PIE

This pie was Dates Simpson's favorite when she was a child in the 1860's. Later she made it for her own 13 children.

1 cup pumpkin
1 cup sugar
4 eggs

1 cup milk
2 tablespoons butter
1 teaspoon lemon extract

Cream sugar and butter, add egg yolks and beat, add milk. Then add cup of creamed pumpkin and flavoring. Put in unbaked pie shell, bake 30 minutes. Cover with meringue and brown.

Mrs. C. T. White, Sr., Gates County

MINCE MEAT

This recipe is now being used by the fifth generation and came from the family of Governor Swain who had a county named for him as well as a building on the campus at Chapel Hill. He was also a great peace-maker with the Indians and once met with an Indian Chief in Western North Carolina, and for safety's sake they met on a little island and after talking some time smoked the pipe of peace. This little settlement was afterwards known as Governor's Island.

An interesting little story we used to hear in connection with this mince meat was that in Grandpa's family of eight children, the boys decided that more wine would improve the taste so each one secretly pours in a little wine, and secretly the father does the same thing. When the first pies were made one enjoyed the wine flavor but thought he must have put in more than he intended.

3 measures of beef (boiled, lean, chopped)	1 measure wine (I use fruit juice—usually peach)
3 measures apples (chopped)	2 measures raisins
1 measure suet (cut fine or chopped)	3 measures sugar
1 measure peaches (canned & cut or small)	1 measure vinegar
1 measure molasses	2 ground nutmegs
	2 teaspoons cloves

If a pint measure is used it makes about 9 pint jars.

Put all ingredients in a large kettle and boil slowly until the apples and suet look clear and done. This is easily kept for winter by filling sterilized jars and sealing. It used to be kept in crocks before the day of glass jars.

Mrs. B. E. Warner, Cherokee County



FRESH STRAWBERRY PIE

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|--|---------------------------------------|
| 1 baked pie shell | 1 package strawberry flavored gelatin |
| 2½ cups washed and hulled strawberries | 2 teaspoons lemon juice |
| ¾ cup sugar | 1 cup cream, whipped |
| 1 cup boiling water | 1 tablespoon sugar |

Combine berries with ¾ cup sugar. Add gelatin and hot water, then the lemon juice. Stir until gelatin is dissolved. Chill until it begins to set. Stir in half of the whipped cream to which 1 tablespoon of sugar has been added. Put in the baked pie shell or tarts and chill until set. Top with rest of the whipped cream. Chopped nuts may be sprinkled on top. (Frozen strawberries may be used.)

Mrs. F. D. Long, Person County

STRAWBERRY OR PEACH SHORTCAKE (Old-Fashioned)

This recipe came from an old "Annie Dennis" Cookbook which was given to me some 46 years ago. It is quite out of date, however, the recipes are all wonderful.

Make 2 pie crusts, not rolled as thin as for pies, however. Bake a light brown, sweeten a quart of crushed berries; spread them on the crusts, and stack. Make a meringue of the whites of 2 eggs, and 2 tablespoons full of sugar. Place in stove and let brown. Good!

Mrs. L. L. Harvin, Pender County

SCUPPERNONG PIE

The book in which this recipe was found was given to my mother when I was a little girl. At that time the book was very old and yellowed with age.

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| 2 eggs | 1 pint canned grapes and syrup |
| 1½ cups sugar | (grapes should be slit and seeds removed.) |
| 3 tablespoons flour | |
| 2 tablespoons butter | |

Beat eggs slightly. Add sugar, flour and butter to eggs and beat until well mixed. Stir in grapes and syrup in which they were canned. Pour into 9 inch pastry lined pie plate. Cover with top crust. Bake 10 minutes at 425°F. Reduce heat to 375°F. and continue baking for 35 minutes.

Mrs. Donald Witherington, Craven County

SYRUP PIE

This recipe was taken from the cookbook of the grandmother of Mrs. C. B. Ross of Tennessee. Another of the Ross standbys in these days of little sugar is the old-fashioned syrup pie. The more pecans you add the better it is. I believe this must be a really Southern dish, for I never heard of it until I came "down to these parts." But I'll bet it is a dish that we'll still be fixing even when we have all the sugar we want.

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|---------------------|-----------------------------------|
| 1 cup syrup | 1 teaspoon vanilla |
| 2 eggs | Pecans—however many you can spare |
| 1 tablespoon butter | |

Beat eggs very hard, add syrup, vanilla and butter. Pour into unbaked pie shell and add nuts. Bake in slow oven (325°F.) until set.

Mrs. B. S. Vassar, Durham County

VINEGAR PIE

My great grandmother, who is 83 years old, is still using this recipe which she got from her mother's cookbook.

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| 3 eggs | 1 teaspoon vanilla |
| 1 1/4 cups sugar | 1/4 pound butter |
| 3 tablespoons cream or milk | 1 teaspoon flour |
| 2 tablespoons vinegar | |

Beat eggs, add milk, add sugar and flour together. Then add vinegar and vanilla and last add melted butter. Pour into one large uncooked pie shell or 2 small shells and bake slowly until set.

Mrs. Ed Jernigan, Durham County

VINEGAR PIE

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|-----------------------|------------------------------|
| 2 egg yolks | 1/2 teaspoon lemon flavoring |
| 1 cup sugar | 1/2 teaspoon mace |
| 3 tablespoons flour | Pinch of salt |
| 1 cup boiling water | 2 egg whites |
| 2 tablespoons vinegar | 2 tablespoons sugar |
| 2 tablespoons butter | 1/4 teaspoon cream of tartar |

Beat egg yolks and sugar mixed with flour. Add vinegar and butter and pour into boiling water. Cook in double boiler until thick. Add salt and flavoring. Pour into baked pie shell. Make meringue with egg whites, sugar and cream of tartar. Spread over pie and bake in slow oven until brown.

Mrs. Lee Buchanan, Mitchell County

RHUBARB PIE

1½ cups sugar	1 tablespoon butter
3 tablespoons flour	2 eggs
½ teaspoon nutmeg	3 cups chopped rhubarb

Blend sugar, flour, nutmeg into butter, add eggs and beat until smooth. Add rhubarb. Pour into unbaked pie shell, top with strips of pastry and bake in hot oven ten minutes. Reduce heat and bake until filling thickens—about 30 minutes.

Mrs. Hugh Terrell, Haywod County

RHUBARB PIE

Pour boiling water over two teacups full of chopped rhubarb. Drain off the water after five minutes and mix with the hot rhubarb a teacup full of sugar, the yolks of two eggs, a piece of butter and a big pinch of flour, moistening the whole with three tablespoonfuls of water. Bake with the lower crust only. Make a meringue of the whites of the eggs with three big pinches of sugar. Spread over the pie and return to the oven to brown.

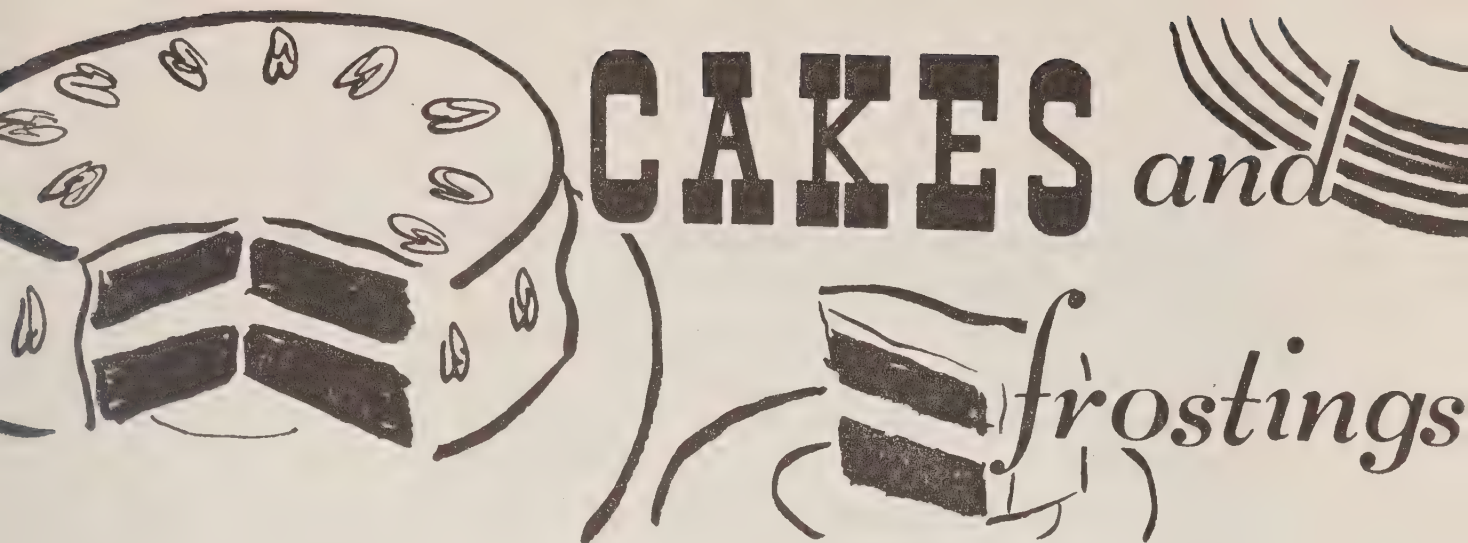
Forsyth County

VINEGAR PIE

For one pie take ½ cup sugar, 3 eggs, removing whites for frosting, 1 tablespoon butter, 2 tablespoons vinegar, ½ cup water, 1 tablespoon flour, flavor with nutmeg. Bake crust one-half done before putting in filling. Bake and frost.

Add 1 cup of raisins and you will have a delicious raisin pie.

Mrs. Roy S. Redding, Stokes County



COCOA-WALNUT CAKE

This recipe originated in Surry County about 75 years ago. The cake is called Cocoa-Walnut because of the walnuts which are used in the icing.

$\frac{1}{2}$ cup cocoa
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup melted butter
2 egg yolks

1 cup buttermilk
2 cups flour to which 1 teaspoon
of soda has been added, then
sifted again
1 teaspoon vanilla

Mix cocoa and sugar well; then add boiling water. Next, add melted butter. Then beat in 2 egg yolks. Add flour and soda mixture alternately with buttermilk. Then add vanilla. Bake in moderate oven.

ICING

$2\frac{1}{2}$ cups brown sugar

$\frac{1}{2}$ cup water

Boil sugar and water until it forms a ball or spins a thread when dropped in water. Pour mixture over beaten egg whites (2), beating constantly until it holds a peak, sprinkle with walnuts.

Mrs. Fred Heath, Lenoir County

TESTING COMMITTEE'S COMMENTS:

An unusual method but results were excellent. An easy cake that is very good.

LEMON SPONGE CAKE

8 egg whites, 10 ounces sugar, $\frac{1}{2}$ pound flour and 1 lemon (juice and grated rind). Separate eggs, beat yolks, add sugar and lemon juice and rind and beat until light. Whip whites until dry, add flour and mix other ingredients alternately, avoiding beating. Pour in greased pan and bake in moderate oven.

Mrs. Hugh B. Bryan, Edgecombe County

DECEPTION CAKES

The following recipe dates back to the Civil War days and was used by my family in Iredell County.

1½ cups flour	2½ cups shortening
2 tablespoons sugar	1 egg white whipped to a stiff froth
1 teaspoon grated rind of lemon or orange	1 teaspoon salt

Make a stiff dough and chill several hours or overnight. Melt 2½ cups lard or shortening in an iron skillet to smoking heat. Roll out dough in a thin sheet. Cut into small squares preferably with a pastry wheel, then stretch paper thin. Fry a few at a time until light brown. Remove and sprinkle with sugar. Drain on paper to remove excess fat and keep them crisp.

Mrs. M. W. McNeill, Hoke County

MY FAVORITE COCONUT CAKE

1 cup shortening	4 teaspoons baking powder
2 cups sugar	1 cup milk
3 cups cake or all-purpose flour	1 egg

Cream shortening, sugar and egg 2 minutes. Add vanilla to milk. Mix flour and baking powder. Add milk and flour alternately to sugar and egg mixture. Bake in 3-8 inch or 9 inch pans at 375°F. until done. When cool put together with coconut filling.

(Add 1 teaspoon salt if butter is not used)

FILLING

3 cups sugar	½ teaspoon salt
1½ cups coconut milk or water	1 grated or ground coconut

Boil together for 3 minutes, add coconut and boil 1 minute longer, add vanilla if desired.

Mrs. Raymond Oakley, Person County

PLANTATION CAKE

Mother Anderson's conviction that good eating is part of good living stems from her Pennsylvania Dutch heritage. When she started her well-known hotel at Wabasha, Minn., in 1896, she sought out the best recipes possible and served frequently those most desired by her guests.

From an old home in the Magnolia State, she obtained this Chocolate Mint-Cream Plantation Cake. She described it as "an unbelievable cake to end all cakes." This rich and fabulous dessert

cake is best served the same day it is made. This cake serves 12.

Separate 6 eggs. To the egg yolks gradually add 1 cup sugar, beating constantly. Add 1 cup boiling water slowly, and then 1 teaspoon vanilla. Fold in $2\frac{1}{2}$ cups sifted cake flour, which has been sifted three times with 3 teaspoons baking powder.

Gradually add 1 cup sugar to the stiffly beaten egg whites. Fold into the first mixture. Bake in a 10-inch ungreased tube pan in a moderate oven, 350°F . for about $1\frac{1}{4}$ hours. Let cool. Then split into three layers and spread with the following mint cream filling. Then frost lavishly with delicate chocolate frosting.

Mint cream filling: Combine $\frac{3}{4}$ cup sugar with 4 tablespoons cornstarch, mix well and add $\frac{1}{4}$ teaspoon salt, 1 cup water, 2 egg yolks and 3 teaspoons butter, cook in the top of a double boiler for 15 minutes, or until quite thick. Add 1 teaspoon peppermint extract or 3 drops essence of peppermint, cool and use as filling for cake.

Delicate chocolate frosting: Combine $\frac{1}{3}$ cup cocoa with $\frac{3}{4}$ cup sugar and gradually fold in $1\frac{3}{4}$ cups heavy cream, whipped. Beat until stiff. Frosts one layer cake.

Margaret Renigar, Yadkin County

MY FAVORITE LARGE CAKE

1 cup butter
2 cups sugar
4 eggs
1 cup fresh milk
 $\frac{1}{2}$ teaspoon salt

1 teaspoon orange flavoring
 $\frac{1}{2}$ teaspoon lemon flavoring
3 teaspoons baking powder
3 cups pastry flour (sifted with
dry ingredients 3 times)

Cream butter; add sugar gradually and cream. Add unbeaten eggs, one at a time, beating thoroughly after each. Fold in dry ingredients alternately with milk, beginning and ending with flour mixture. Add flavoring. Bake in 4 layers in moderately hot oven (375°F .) for 25 minutes.

BOILED FROSTING

Boil $2\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water, $\frac{1}{4}$ cup white corn syrup and $\frac{1}{4}$ teaspoon salt until syrup spins a thread or forms soft ball when dropped in cold water. Beat 2 egg whites stiff. Pour hot syrup slowly over egg whites, beating constantly. Beat until cool and frosting holds shape when dropped from spoon. Add 1 teaspoon vanilla flavoring. Makes enough for top and sides of 4 layers.

Margaret Blanchard, Avery County

SKILLET CAKE OR CENTURY CAKE

My grandmother baked her cake in a skillet in an open fireplace. Her recipe was four times as large as this one, and was always baked for Thanksgiving and Christmas. It was very inexpensive. It is at least 150 years old.

Into your sifter put two cups of plain flour, 1 cup sugar, $\frac{1}{2}$ teaspoon each of salt, cloves, and nutmeg and 1 teaspoon cinnamon. Sift twice. Into mixing bowl put 1 cup of thick sour milk, yolk of 1 egg, $\frac{1}{2}$ cup of melted shortening, 1 level teaspoon of soda and 1 teaspoon lemon extract. Beat well with hand or egg beater. Add two tablespoons of molasses, beat again. Add flour mixture and 1 cup of raisins (or dates or, in summer, berries) to batter. Beat egg white stiff and fold into batter. Grease and line a pan with paper. Bake in medium oven $1\frac{1}{4}$ hours. Cover with butter icing when cold.

Mrs. H. C. McDonald, Craven County

ELIZABETH'S SPONGE CAKE

This recipe was given to us by Miss Margaret Clark. It is her mother's favorite recipe and has been in the Clark family of Bladen County for several generations.

5 egg yolks and whites beaten
separately
1 cup sugar sifted

1 cup flour sifted twice after
measuring

Cream sugar and egg yolks until a lemon color. Add flour and stiffly beaten egg whites. After combining beat just enough to mix well. Bake in a loaf or 2 small layer pans in a moderate oven until done.

Mrs. Ishmael Pittman, Johnston County

WHIPPED CREAM CAKE

1 cup whipping cream
2 eggs
1 cup sugar
 $1\frac{1}{2}$ cups flour

Salt
1 teaspoon vanilla
2 teaspoons baking powder

Whip cream. Add one egg at a time and continue whipping. Mix sugar and other dry ingredients and sift together several times. Then fold into cream mixture. Add vanilla. Makes two small layers. For three large layers double. Cook in 425°F. to 450°F. oven.

Mrs. Algen Clay, Granville County

ABRAHAM LINCOLN'S FAVORITE WHITE CAKE

Long ago a French caterer in Lexington, Kentucky made a wonderful white cake in honor of his countryman, Lafayette, who was to pay a visit to the city. The cake was beautifully decorated with flags made of colored sugar and with marvelous icing, but the cake itself contained only the whites of eggs, and when cut was snow-white. Thereupon every famous cake baker in the Blue-Grass region immediately began making white cakes; and the recipe for the most famous of all was originated in the household of the ancestors of Mary Todd, who many years afterward made the cake for Abraham Lincoln. Later when she became his wife, he declared this white cake was the best in Kentucky. Here is Mary Todd's recipe with modern baking powder included:

1 cupfull of butter	Whites of 6 eggs
2 cupfulls sugar	1 teaspoon of vanilla or other
1 cupfull of milk	flavoring as preferred
3 cupfulls of flour	1 cupfull of chopped blanched
3 teaspoons of baking powder	almonds

Cream butter well, add sugar and cream again, sift flour and baking powder together, add to butter and sugar alternately with milk. Then stir in the chopped nut meats and beat well, finally fold in the stiffly beaten whites of the eggs, add flavoring. Pour into a well greased, paper lined pan and bake one hour in a moderate oven. Ice with boiled icing to which you have added half a cupful of candied pineapple and cherries cut in very small pieces.

Margaret Renigar, Yadkin County

AUNT BETTIE'S WEDDING CAKE

This wedding cake has been used in our family for generations. It was used for my wedding in 1917.

1 cup milk	8 eggs
2 cups butter	$\frac{1}{8}$ teaspoon salt
3 cups sugar	2 teaspoons lemon flavoring
4 cups flour	

Cream sugar, salt and butter together. Add eggs one at a time, beating well after each addition. Then add flour alternately with milk. Mix well, then add flavoring. Cook in a large loaf pan 350°F. for about one hour or until done. Ice and decorate as desired.

Mrs. T. J. Wetherington, Craven County

CAKE BATTER RECIPE

When I came to my new home as a bride, I was given a cook book by my sister-in-law. Among the recipes, some old and some new, I found this cake batter recipe. My husband's grandmother, who lived during the Civil War at the same location we are now living, used this recipe so it should be well over 100 years old. The mixing or rather beating is the secret.

1 cup butter	2 teaspoons baking powder
2 cups sugar	1 cup milk
5 eggs	1 teaspoon vanilla flavoring
3 cups flour	

Cream butter and sugar well. Add eggs, after well beaten. Sift baking powder and flour together. Then add flour and baking powder and milk, alternately. Add vanilla. Beat well and bake in 3 layers 400°F. 20 minutes.

Mrs. Milton Latta, Orange County

APPLE SAUCE CAKE

This is my husband's favorite cake. His mother always made it for his homecoming.

½ cup butter	1 egg
1 cup nutmeats	¼ teaspoon salt
1 teaspoon cinnamon	1 cup thick sweetened applesauce
1 cup sugar	1 cup raisins
1¾ cups sifted cake flour	1 teaspoon soda
½ teaspoon cloves	

Sift a few tablespoons of the flour over nut meats and raisins. Cream butter and sugar, beat in egg. Add nut meats and raisins. Sift flour with soda and spices. Stir into butter mixture. Last, add the apple sauce which has been heated. Bake cake in a 9-inch tube pan lined with buttered paper, in moderate oven for about one-half to one hour. It is delicious.

Mrs. Dallas C. Kirby, Stokes County

FILLING FOR APPLE SAUCE CAKE

2 cups sugar	3 egg whites
1 tablespoon butter	1 coconut (grated)
1 cup hot water	

Cook sugar, water and butter until it spins a thread. Beat in egg whites and add coconut.

APPLE SAUCE CAKE

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|---------------------------|-----------------------------------|
| 1 cup butter | 1 teaspoon cloves |
| 2 cups granulated sugar | 1 teaspoon cinnamon |
| 2 cups stewed apples | 2 teaspoons soda sifted in apples |
| 3 eggs | 2 cups seeded raisins |
| 1 pound all-purpose flour | 2 cups chopped nuts |

Cream butter and sugar, add apples and eggs. Sift together flour, cinnamon and cloves, mix with nuts and raisins and add to first mixture. Pour in four nine inch greased and floured cake pans. Bake in moderate oven 375°F.

Mrs. William Rogers, Person County

FIESTA BANANA CAKE

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|--------------------|----------------------|
| 1 cup sugar | 3 eggs |
| ½ cup brown sugar | 2½ cups of flour |
| ¾ cup butter | 1 cup mashed bananas |
| 1 teaspoon vanilla | 1 cup milk |

Cream sugar and shortening. Add well beaten eggs. Add vanilla, milk and flour. Pour into well oiled layer pans, bake in moderate oven (375° F.) 25 minutes. Makes 2-9 inch layers.

FILLING

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| 1 cup whipping cream | ½ cup chopped nuts |
| 3 tablespoons sugar | ¼ cup chopped cherries |
| 1 teaspoon vanilla | Sliced bananas |

Whip cream stiff, adding sugar and vanilla. Add chopped nuts. Slice bananas, cover cake layer. Cover the layer then with whipped cream mixture. Add other layer and repeat process. Decorate top with sliced banana, cherries, and nut halves.

Mrs. Jack Woodcock, Pender County

CLAY CAKE

57 this
This was my grandmother's recipe and is over 100 years old.

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| 1 pound flour <i>2 1/2 C.</i> | ½ pound of butter <i>4 oz.</i> |
| 1 pound sugar <i>1 1/2 C.</i> | 1 teacup of cream <i>1 C.</i> |
| ½ dozen eggs <i>3 eggs</i> | A little sateralus (soda) |

Mix the ingredients together and bake in pan. Start in oven at 375°F.

Mrs. J. E. Lackey, Caldwell County

TESTING COMMITTEE'S COMMENTS:

It is very good and would be a good substitute for a true pound cake.

DAMSON PRESERVE CAKE

This recipe has been in my mother's family for over a hundred years.

6 eggs	1½ teaspoons salt
2 cups sugar	2 cups damson or peach preserves
¾ cup butter	2 teaspoons allspice, cinnamon and nutmeg
2 teaspoons soda (dissolved in ½ cup buttermilk)	1 teaspoon cloves
4 cups all-purpose flour	

Cream butter with one cup sugar; beat other cup into egg yolks. Then add this to the creamed butter mixture. Sift dry ingredients together. Add to egg and sugar mixture, then fold in stiffly beaten egg whites. Add preserves and mix well. This makes four nine inch layers. Bake in 350° F. oven. It may be put together as two cakes with any good white frosting. This cake improves with age.

Mrs. John A. Reagan, Buncombe County

DEVIL'S FOOD CAKE

1¼ cups butter	1 level teaspoon soda
2 cups sugar	1 cup sour milk
6 eggs beaten separately	¼ pound chocolate
3 cups flour	1 tablespoon vanilla

Cream butter and sugar together, add yolks of eggs. Dissolve the soda into the cup of sour milk and alternately add it and the flour to the butter, sugar, and eggs. Melt the chocolate and stir well into the cake. Add the vanilla and fold in the beaten whites of eggs. Cook slowly in medium oven. This recipe makes three nice size layers.

FILLING

1 cup butter	¼ teaspoon salt
1 cup cream	1 tablespoon vanilla
1 cup sweet milk	½ pound chocolate
5 cups sugar	

Boil cream, milk, butter and sugar until it makes a soft ball in water. Break the chocolate into small pieces in a bowl and pour the mixture over it. Let stand until cool, add butter and beat until creamy, then spread over cake. This cake will stay fresh for many days.

Mrs. Eddie Ferrell, Lee County

DEVIL'S FOOD CAKE

This recipe has been in the family for about thirty years.

2 cups sugar	1½ teaspoons soda
1 cup shortening (butter or mixed)	1 teaspoon salt
3 eggs	1 cup sweet milk
3 cups cake flour	¾ cup cocoa
	½ cup hot water

Cream sugar and shortening. Add 1 egg at a time and beat well. Sift all dry ingredients except cocoa. Add to first mixture, alternately with milk. Mix cocoa and hot water together until it forms a thick paste. Add this to batter. Bake in layers at 350°F. for 30 minutes. Frost with your favorite icing.

Mrs. Fred Bryant, Mitchell County

LADY BALTIMORE CAKE

1½ cups granulated sugar	3 cups flour
1 scant cup butter (room temperature)	2 level teaspoons baking powder
1 cup milk	6 egg whites

Beat butter and sugar until light and creamy. Add milk alternately with flour into baking powder which has been sifted. Add stiffly beaten egg whites. (Makes three good layers)

OLD FASHIONED JELLY ROLL

This jelly roll is tasty and easy to make. It is over 100 years old.

4 eggs, whole	¾ teaspoon baking powder
¾ cup sugar	⅛ teaspoon salt
¾ cup sifted cake flour	¾ teaspoon flavoring (favorite)

This first step is quite a chore, but an important one. Beat eggs until light and S-T-I-F-F. Add sugar gradually. Mix well. Add flavoring and fold in dry ingredients, which have been sifted together at least three times. Mix thoroughly, turn into ungreased pan and bake in oven 350°F. for 20 minutes.

Mrs. Paul Ipock, Craven County

DATE LOAF CAKE

This is a very famous New Orleans recipe brought to North Carolina by the Hairston Family who live in Davie County, on the beautiful Peter Hairston farm east of Mocksville. It has been

given to friends at Yadkin College in Davidson County and has become famous as Hairston Date Loaf Cake.

1 pound dates stoned

1 pound English walnuts or pecans

Leave dates and nuts whole. Sift over them 1 cup of pastry flour, $\frac{1}{2}$ teaspoon salt, 2 rounded teaspoons baking powder that have been sifted together three times. Mix thoroughly. Add 1 cup of granulated sugar and mix again.

Beat the whites of four eggs until dry and yolks until light colored and thick. Mix yolks evenly, through the cake. Then mix in the whites and add 1 teaspoon vanilla.

Bake in pan lined with buttered paper about one hour. Heat of oven must be moderate (350°F.).

Davidson County

MY FAVORITE "DEVIL'S FOOD CAKE"

Mix $\frac{1}{2}$ cup cocoa, $\frac{1}{2}$ cup water, 1 teaspoon soda, and let stand until the following is mixed:

1 $\frac{3}{4}$ cups sugar

$\frac{3}{4}$ cup butter

2 eggs beaten separately

$\frac{3}{4}$ cup sour milk

2 $\frac{1}{2}$ cups flour

1 teaspoon baking powder

1 teaspoon vanilla

Cream butter and sugar. Add egg yolks. Dissolve baking powder in milk and add alternately with flour. Add vanilla and the cocoa mixture. Beat well and add the stiffly beaten egg whites. Bake in layers and put together with the following mocha icing:

2 cups powdered sugar

5 $\frac{1}{2}$ tablespoons hot coffee

4 heaping teaspoons cocoa

1 teaspoon vanilla

Butter size of an egg

Beat until smooth, and cover cake.

Mrs. Linnie M. Chandler, Caswell County

MOTHER'S CAKE

This recipe was given me by Mrs. Paul Thompson who uses it weekly as a favorite for the Curb Market. Mrs. Thompson has used it herself for the past thirty years and it was given to her by a cousin, Miss Bertha Casey, who says the recipe is a family heritage almost. Miss Bert (as everyone knows her) said she got the recipe from a dear friend of hers back in the days of the

one-room schoolhouse—the year 1900. Miss Louisa Daniels gave her the recipe and it was copied from her mother's cook book which dates back to the year of 1885 to 1900. Miss Bert laughingly says, more than one good thing was learned in the little red schoolhouse other than reading, writing, and arithmetic.

3 cups sugar	1 cup sweet milk
1 1/3 cups butter	4 cups flour
8 eggs	1 teaspoon lemon extract
2 teaspoons baking powder	

Cream sugar and butter thoroughly; add one egg at a time, beating constantly; sift flour and baking powder twice. Add two cups flour, 1/2 cup milk. Mix well before adding remainder of flour and milk, blend well, add flavoring. Pour into a ten inch tube pan (which has been greased—bake at (325°F.) for one hour or until done.

Mrs. Marvin L. Smith, Wayne County

FIVE MINUTE DEVIL'S FOOD CAKE

This recipe was printed in a Tennessee newspaper on February 7, 1947 and was taken from the cook book of Mrs. C. B. Ross' grandmother. The Ross family still enjoy this old time cake.

2 cups sugar	1 teaspoon vanilla
1/2 cup lard	1/2 cup sour milk
2 eggs	1 teaspoon soda
2 cups all-purpose flour	1 cup boiling water
3 heaping tablespoons cocoa	

Cream sugar and shortening, add eggs and beat vigorously. Sift the cocoa, soda and flour together and add with the butter-milk and vanilla. Last of all add the boiling water. This makes a very thin batter. Bake in oblong pan in moderate oven (350°F.) until done—about 45 minutes.

One can actually have it in the oven in five minutes. The cake is deliciously moist and keeps well. It is usually baked in an oblong pan and let cool right in the pan. The top is spread with icing and cut in squares for serving. It, too, is an old trick—leaving the cake in the pan for “family use.” It keeps the cake fresh and moist days longer.

Mrs. B. S. Vassar, Durham County

FILLING

2 cups sugar (granulated)	1 cup raisins
1/2 cup water	1 cup nuts
2 egg whites	1 12 ounce package marshmallows

Boil sugar and water until it will spin a thread. Have egg

whites beaten stiff—pour syrup over very slowly beating all the time. Add raisins, nuts and marshmallows. Beat until marshmallows are partly melted. Put between layers and on top of cake.

Mrs. Boyce Helms, Union County

JELLY ROLL

4 eggs, separated
 $\frac{3}{4}$ cup sugar
1 teaspoon vanilla

$\frac{3}{4}$ cup sifted flour
 $\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt

Beat egg yolks until light. Add sugar gradually and then flavoring. When blended, add flour that has been sifted with baking powder and salt. Last, fold in egg whites that have been whipped until stiff but not dry. Line a 15" x 10" pan with heavy buttered paper. Pour in batter and bake in moderate oven for about 6 to 12 minutes.

While cake is hot, trim hard edges, spread cake with jelly, jam, or a cake filling, and roll it in waxed paper. Sprinkle with powdered sugar.

Mrs. J. L. Jordan, Wilkes County

MAMA'S CARAMEL CAKE

My mother taught me to make this cake before she died in 1921, at the age of 58.

2 cups sugar
1 cup butter, creamed well
1 cup milk, room temperature
3 cups flour

6 egg whites, room temperature
3 teaspoons baking powder
Pinch of salt
1 teaspoon vanilla flavoring

Cream butter with hands. Add sugar by tablespoon—one at a time and cream well. Add baking powder and salt to twice sifted flour, and sift together. Add milk and flour to sugar and butter alternately. Beat whites of eggs to froth (not too stiff) and fold into mixture. Add 1 teaspoon vanilla. Mix well. Bake in four layers. Put together with caramel icing.

CARAMEL ICING

3 cups brown sugar

1 cup sweet milk or cream
—have it room temperature

Boil over moderate fire or until forms soft ball in cold water. Remove from fire and add $\frac{1}{2}$ cup butter and 1 teaspoon vanilla. Beat until creamy. (Add little cream or hot water if icing becomes too thick.)

Julia Maude Conrad, Forsyth County

WAR TIME SPECIAL CAKE

1 cup butter or vegetable fat
1 cup sugar
4 eggs
1 cup flour
1 cup cooked sweetened
dried apples
3 tablespoons cocoa
1 cup chopped dried figs
2 cups raisins

1 cup fruit preserves, drained
of juice
1 cup broken nut meats, black
walnuts, pecans, or English
walnuts
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon ground cinnamon or
other spices
2 teaspoons vanilla

Cream butter and sugar. Add whole eggs and beat well. Sift flour and other dry ingredients together and add, mixing well, apples, preserves, figs, raisins, nuts, in order named. Mixing thoroughly. Add vanilla. Turn into paper-lined pound cake pan, and cook in slow oven until it tests done by the stick method. Usually takes about 1½ hours from 300°F. to 350°F.

We learned to make this cake during World War II when sugar was rationed. The fruits, preserves, etc. take the place of one-half the usual amount of sugar.

Mrs. Clyde Roberts, Orange County

ONE-TWO-THREE-FOUR CAKE

My mother, Mrs. R. D. Thomas used this recipe as far back as 1900 and I think she got it from her mother, the George family of Chatham County. I can remember vividly when our old colored cook, Florence Hocutt, prepared this delicious cake for us when we were girls. My three sisters also use this basic recipe for most of their cake baking.

1 cup butter
2 cups sugar
4 eggs, separated
1 teaspoon vanilla

3 cups sifted cake flour
¼ teaspoon salt
3 teaspoons baking powder
1 cup milk

Cream shortening and sugar until fluffy. Add egg yolks one at a time, beating thoroughly after each one is added. Sift dry ingredients together three times and add alternately with milk and vanilla to cream mixture, beating until smooth after each addition. Fold in stiffly beaten egg whites. Pour into pans lined with wax paper and bake in moderate oven (350°F.) 25 minutes. Use different icings as desired.

Mrs. L. L. Layton, Lee County

Recipe also submitted by: Mrs. E. D. Evans, Durham County

MOM'S SPICE CAKE

This was one of the best of the cake recipes found in my grandmother's recipe folder. It is many, many years old.

1 cup sugar	1/2 teaspoon salt
2 cups sifted all-purpose flour	1 egg
1 teaspoon nutmeg	3 tablespoons molasses
1/2 teaspoon cloves	1/4 cup shortening
1/4 teaspoon soda	1/4 cup butter
2 teaspoons baking powder	1 cup sweet milk

Heat oven to 350° F. Sift dry ingredients. Blend butter and shortening. Add unbeaten eggs and molasses. Add dry ingredients alternately with milk. Mix well but do not over heat. Bake until done using a loaf pan.

Daisy B. Hurley, Haywood County

SALLY LUNN

Warm 1/2 cup of butter in 1 pint of milk. Add 1 teaspoon of salt, 1 tablespoon of sugar and 7 cups of sifted flour. Beat thoroughly and when the mixture is lukewarm, add 4 beaten eggs and last of all 1/2 cup good lively yeast. Beat hard until the batter breaks in blisters. Let it rise overnight. In the morning, dissolve 1/2 teaspoon of soda, stir it into the batter and turn it into a well buttered shallow dish to rise again about 15 minutes. Bake a light brown. The cake should be torn apart as cutting with a knife makes warm bread heavy. This cake is frequently seen on Southern tables.

Mrs. Etta Brookshire, Buncombe County

SALLY WHITE CAKE

This recipe is quite old and has become traditional in Wilmington, North Carolina. The name refers, not to its light color, but to the woman who originated it.

2 pounds shelled almonds	1 dozen eggs
1 pound citron	1 pound butter
2 coconuts grated	2 teaspoons mace
1 pound flour	2 teaspoons nutmeg
1 pound sugar	

Cream butter and sugar. Add beaten eggs, flour, and fruit. Add flavoring and spices. Bake at 250°F. about 2 hours.

Bess S. Butler, Cherokee County

RIBBON FIG CAKE

White part—

- 2 cups sugar
- $\frac{2}{3}$ cup butter
- $\frac{2}{3}$ cup milk
- 3 cups flour
- 2 teaspoons baking powder
- 8 eggs, whites
- Bake in layers

Gold part—

- $\frac{1}{2}$ cup butter
- 1 cup sugar beaten to a cream
- 1 whole egg and 7 yolks
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups flour
- 1 teaspoon baking powder

Season strongly with cinnamon and allspice. Put half the gold cake into a pan, and lay on it halved figs closely; dust with a little flour and then put on the rest of the cake and bake. Put the gold cake between the white cakes, using frosting between them, and cover with frosting.

Mrs. C. B. Jones, Ashe County

SWEET POTATO CAKE

- 1 pint mashed sweet potatoes
- 2 eggs
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup butter

- $\frac{3}{4}$ cup sugar
- 1 teaspoon nutmeg or cinnamon
- 2 teaspoons baking powder
- 1 teaspoon salt
- Juice of $\frac{1}{2}$ lemon

Add the butter and beaten eggs to the potato while still hot; add the sugar, salt and nutmeg or cinnamon. Sift together the flour and baking powder and add to the potato alternately with the milk. Add the lemon juice, pour into a greased pan and bake in a moderate oven.

Mrs. Carl Stephens, Columbus County

WAGWOOD FAVORITE CAKE

- | | |
|--------------------------------------|---|
| 1 cup sugar | 3 eggs |
| 1 cup jam <i>blackberry or grape</i> | $\frac{1}{2}$ cup sour milk <i>Sweet</i> |
| 2 3 cups flour | 1 teaspoon soda <i>+ 1 tsp baking powd.</i> |
| 1 teaspoon cinnamon | $\frac{1}{2}$ teaspoon allspice |
| $\frac{1}{2}$ teaspoon cloves | 1 cup raisins, if desired |
| $\frac{3}{4}$ cup shortening | |

Cream butter and sugar. Add jam, slightly beaten eggs, and soda dissolved in sour milk. Sift together flour, cinnamon, cloves, and allspice. Add this to first mixture. Fold in raisins, and bake in three layers. *add eggs one at a time. paper lined pans*

Mrs. J. I. Wagoner, Guilford County

"filling" necessity

2 cups sugar
2 whole eggs
1 cup butter

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juice + grated rind of 2 lemons
5 tbsp flour. Cook over low heat
spread between layers & on top

TEXAS CAKE

Here is a delicious 100 year old cake recipe brought from the Northern states when Texas was struggling for independence. It has been handed down from one generation of Texans to another.

1 cup butter or other shortening	6 squares (6 ounces) unsweetened chocolate
2 cups granulated sugar	1 tablespoon vanilla
½ cup old time brown sugar	3 cups flour mixed and sifted with
5 eggs, separated	1 teaspoon baking powder
1 cup sour milk	¼ teaspoon salt
1 teaspoon soda dissolved in ½ cup cold water	

Melt chocolate: Add to shortening, and cream until very soft. Gradually add two cups granulated sugar, creaming constantly, then well beaten egg yolks, ½ cup old time brown sugar. Mix dissolved soda, flavoring and milk. Add liquid and flour alternately, beating thoroughly after each addition. Fold in egg whites which have been beaten until stiff but not dry. Bake in three greased and floured layer cake pans in moderately hot oven (375° F.) for 30 minutes. Spread with Ever Ready Frosting or Fudge Frosting.

Mrs. Will Garner, Yadkin County

DOLLY MADISON FRUIT CAKE

This is a recipe my grandmother used in making wedding cakes for brides in her community. She baked the cakes in the fireplace in an oven with the lid on it. She put oak coals underneath and on top of the oven and cooked it this way for 1 hour and 45 minutes. A smaller cake may be made by dividing this recipe in half.

1 pound brown sugar	2 teaspoons cinnamon
1 pound butter	2 nutmegs, grated
1 pound flour	1 gill molasses (½ cup)
2 pounds raisins, seeded	1 teaspoon soda
2 pounds currants	2 teaspoons cream of tartar
1 pound citron	1 pound blanced almonds chopped fine
12 eggs	
1 teaspoon allspice	

Mix as usual, adding flour and stiffly beaten egg whites alternately. Flour all fruits before using, but use some of the flour called for in the recipe—not additional flour. Bake in a moderate oven.

Mrs. David Koonce, Hoke County

MINNEHAHA CAKE

2 cups sugar	6 egg whites
½ cup butter	3 cups flour
1 cup milk	3 teaspoons baking powder

Combine ingredients and bake in layers.

Make the frosting as follows:

2 cups granulated sugar	2 egg whites
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Measure sugar in pan. Pour about 5 or 6 tablespoons of boiling water over the sugar and let boil 3 or 4 minutes until it strands when poured from a spoon. Pour over the whites, which have been beaten to a stiff froth. Pour the sugar on slowly, beating until cool. Mix with this one cup small raisins, and one cup English walnuts cut to the size of the raisins. Spread between the layers and on the top of the cake.

Mrs. Creola B. Holyfield, Surry County

WASHINGTON'S LOAF CAKE

3 cups sugar	1 cup sour milk
2 scant cups of butter	3 teaspoons cinnamon
5 eggs	1 teaspoon nutmeg
4 cups of flour	2 cups raisins
1 teaspoon soda	1 cup currants

Mix as usual. Dredge fruit in flour and stir in at the last. Line the cake pan with paper well buttered. This cake will take longer to bake than a plain one. The heat of the oven must be kept at an even temperature.

Mrs. Etta Brookshire, Buncombe County

VELVET CAKE

This cake has been used in our community for many years and is the favorite wedding cake of many brides for past generations.

¾ pound butter	1 cup sweet milk
2¼ cups sugar	3½ cups flour
6 eggs or 7 and leave out 2 whites for icing	3 teaspoons baking powder
	1 teaspoon lemon flavoring

Cream butter. Add sugar. Add one egg at a time. Mix and sift the flour and baking powder. Add alternately with the milk. Add flavoring. Bake in a well greased pan 1 hour and 10 minutes at 350°F. Cool and cover with boiled icing.

Mrs. H. C. Benton, Wake County

JAPANESE FRUIT CAKE

This recipe came from my daughter-in-law who got it from a friend. It has been tried several times and it makes a very good fruit cake staying moist for a long time. I am one of the oldest club members in Wilson County.

1 box cherries	1 teaspoon spice
1 box raisins	2 cups sugar
2 cups coconut	1 cup butter
1 cup pecans	1 cup milk
1 cup walnuts	3 cups flour
1 package figs	6 eggs
1 teaspoon cinnamon	

Prepare all fruit for the batter and flour it. Make the batter like any other cake. Add spice and fruit a little at the time until all is put in. This amount will make two three layer cakes.

FILLING

2 oranges	2 cups coconut
2 lemons	4 tablespoons flour
2 cups sugar	1 cup boiling water

Mix flour and sugar together in pan, squeeze juice of lemons and oranges. Add boiling water, let cook until thick like honey. Add coconut and cook 10 minutes longer.

Mrs. S. L. Galloway, Wilson County

JAPANESE FRUIT CAKE

½ pound butter	¾ cup sweet milk
2 cups sugar	2½ cups flour
6 eggs	2 teaspoons baking powder

Cream butter and sugar well, add eggs one at a time beating after each. Sift the baking powder with flour and add alternately with the milk to creamed mixture. This makes four layers. Divide batter in half. To one half add ½ box raisins, ½ teaspoon each allspice and nutmeg, 2 tablespoons molasses, and 2 teaspoons wine. Mix. Bake two layers each of light and dark mixtures.

Fill with the following: Into sauce pan put one small grated coconut, rind and juice of two lemons, 2 cups sugar, 1 cup boiling water, 2 heaping tablespoons cornstarch or flour, and ½ box raisins. Cook mixture, stirring constantly until thick. Fill cake with this mixture—using light and dark layer alternately. This cake keeps for months in tight container. Delicious!

Mrs. R. E. Rhyne, Catawba County

JAPANESE FRUIT CAKE

From the family of Matthew T. Yates first Baptist Missionary from North Carolina to China in 1850.

1 cup butter, 2 cups sugar—creamed well. Add 4 eggs and beat well then 1 cup milk and the following dry materials sifted together: 3 cups flour, 1 teaspoon salt, 1 teaspoon each—allspice, cloves, cinnamon, nutmeg and 3 teaspoons baking powder. Lastly beat in 2 cups chopped raisins (seedless ones preferred). Bake in 3 pans.

Put together with this filling: 2 cups sugar mixed with 4 tablespoons flour. Add juice of 2 lemons and one whole egg, beating well. Then add 1 grated coconut with milk from nut. Cook slowly till thick and smooth. I use a double boiler to avoid stirring so constantly.

Mrs. E. L. Johnson, Wake County

FRUIT CAKE

1 pound walnuts	6 eggs
1 pound pecans	2 rings pineapple
¼ pound raisins (seedless)	(1 red and 1 green to decorate)
¼ pound figs	¼ pound green cherries (to
¼ pound dates	decorate)
¼ pound candied pineapple	5 cups flour
¼ pound citron	1 teaspoon allspice
¼ pound candied red cherries	1 teaspoon ginger
1 cup molasses	1 teaspoon cinnamon
1 cup butter	1 teaspoon nutmeg
4 heaping tablespoons baking	¼ teaspoon salt
powder	2 cups brewed coffee

Mix butter, coffee, molasses in big pan. Let melt. Mix 2 cups flour with the cut up fruit and nuts. Put remaining flour with spices, salt and baking powder. Add eggs to the melted mixture and then add to flour mixture. Mix well. Add floured fruit and mix well. Pour in pans and steam 1½ hours. Remove from steamer and put into a warm oven for ½ hour.

Note: Weigh nuts before shelling.

Mrs. B. S. Vassar, Durham County

FRUIT CAKE

Miss Sallie McDowell, grandmother of Colonel Joseph McDowell of the Battle of Kings Mountain fame, owned a cook book that had been in the McDowell family for years. She owned it for over

50 years herself at that time about 1904. The recipe was copied from the book by nieces of Miss McDowell. She told the story to us that at one Christmas time when she was a very small girl the governor then of North Carolina stopped by at the McDowell home in Rutherfordton for a short visit and he was served some of the fruit cake made by this recipe. He so thoroughly enjoyed it the family sent him one each year for a number of years afterwards.

1 pound of sugar, butter and flour	2 pounds of seeded raisins
12 or 14 eggs according to size	2 pounds currants
2 large spoonfuls of molasses	1 teaspoon allspice
1 wine glass of wine	1 teaspoon cinnamon
1 teaspoon cloves	1 tablespoon vanilla
1 teaspoon mace	½ pound citron
	½ pound figs

Cut the raisins, figs and citron fine. Look the currants over, taking out stems and other trash, wash thoroughly and dry. (A good plan is to prepare all the fruit the day before.)

Stir the sugar and butter together and cream well. Add the well beaten yolks, then the flour and well beaten egg whites, alternately. Add spices and wine. Mix well. Then add the fruit, that has been lightly floured with a portion of the measured out flour. Use the flour remaining from dusting the fruit in the batter also. Line a well greased stem cake pan with paper and then grease the paper well also. Bake in a very slow oven for five hours. If it browns too quickly on top, place pan of water on the upper rack or a heavy brown paper directly over cake. This makes a 9 pound cake with a little left over to bake separately for a sample.

Mrs. O. J. Holler, Rutherford County

“MISS MINNIE’S” FRUIT-NUT CAKE

Many years ago a little girl of ten years was up long before day cooking breakfast for a family of eight and preparing lunch for her father and three brothers who worked in the “log woods.” She became a skilled cook and her friends often advised her to enter the commercial world and present her posters to the public. Her greatest joy was found in preparing “special treats” for her family and friends. One brother who settled in Alabama quite often wrote back for “Minnie’s Recipe” for one thing or another. One special favorite was her fruit-nut cake which was made in layers instead of a loaf. This recipe won a radio prize for the best

recipe of the air. The recipe was original with my mother, Mrs. Minnie Overton who lived to be nearly 84 years old.

3 cups flour	1 box seeded raisins (ground)
4 cups sugar	1 box dates (chopped)
4 eggs	2 cups walnuts or pecans
1 cup butter	(chopped)
1 teaspoon vanilla	2 cups milk
3 cups coconut	

BATTER

Cream butter and $1\frac{1}{2}$ cups sugar. Break 4 eggs in separate bowl, beat with rotary beater and add to butter and sugar. Add 3 cups flour and one cup milk alternately. Add 1 cup coconut, $\frac{1}{2}$ box raisins and 1 cup nuts to the batter. Add 1 teaspoon vanilla. Pour in 3 greased and papered 9 inch cake tins. Bake in oven at 350°F.

FILLING

Put $2\frac{1}{2}$ cups sugar and 1 cup milk in pan. Boil until a firm soft ball can be rolled between fingers. Remove from fire and add remainder of raisins and dates to the stew pan. Stir and mix well. Add remaining coconut and nuts. Spread on layers.

Mrs. O. E. Willoughby, Hertford County

MOIST FRUIT CAKE

This recipe has been in constant use since 1847.

$1\frac{1}{2}$ pound butter	walnuts or mixed)
1 pound sugar	1 cup molasses (not too dark)
1 pound flour	12 eggs
$\frac{1}{2}$ pound citron, sliced	2 teaspoons cinnamon
$\frac{1}{2}$ pound candied orange peel, sliced	$\frac{1}{2}$ teaspoon allspice
1 pound dates	$\frac{1}{2}$ teaspoon cloves
1 pound seeded raisins	1 teaspoon salt
1 pound almonds, blanched	1 teaspoon lemon extract
$\frac{1}{2}$ pound candied lemon peel, sliced	1 teaspoon orange extract
1 pound nuts (Brazil, pecan,	1 teaspoon nutmeg

Cream butter until very soft and creamy. Add sugar gradually and cream well after each addition; add well beaten egg yolks and mix thoroughly. Add molasses, lemon and orange extract and beat well. Sift flour (use bread flour), spices and salt together. Put nuts and fruit in large bowl, and sift flour and spices over them and thoroughly mix. Beat egg whites until stiff but not dry. Add floured nuts and fruit alternately with egg whites to creamed

mixture until all are used. Pour into brown paper lined pans or pasteboard boxes, filling at least $\frac{3}{4}$ full.

Decorate each cake with pieces of candied pineapple, candied cherries, citron, and blanched almonds, being careful to lay fruit and nuts on gently, so as not to press into batter. Bake in slow (250°F.) oven $2\frac{1}{2}$ to 3 hours, depending on size of cakes. Immediately when cake is removed from the oven, pour 2 tablespoons glazing syrup over them.

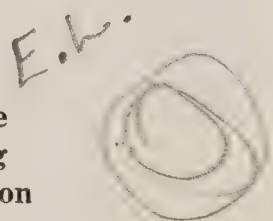
It is not necessary to cut the nuts and fruit, as cake cuts more attractively when these are left whole. This cake will keep indefinitely.

Mrs. S. E. Morris, Chowan County

OLD-FASHIONED WINE FRUIT CAKE

This recipe was given to me by a friend who came from Chicago. I had tried many recipes for fruit cake, but this one is the most satisfactory one I have found anywhere. It is good, fresh or aged.

4 cups seedless raisins	$\frac{1}{2}$ teaspoon salt
2 cups diced candied pineapple	$\frac{1}{2}$ teaspoon allspice
1 cup thinly sliced citron	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup thinly sliced candied cherries	1 teaspoon cinnamon
$\frac{1}{2}$ cup sherry wine or any sweet wine or plain fruit juice	8 eggs, beaten
$1\frac{1}{4}$ cups butter or shortening	$2\frac{1}{4}$ cups sifted flour
$1\frac{1}{4}$ cups sugar	1 cup coarsely chopped pecans
	2 cups coarsely chopped walnuts



Combine prepared fruits, add wine and let stand several hours or overnight. Get pans ready. I use one large tube pan. It takes 3 medium sized loaf pans. Grease the pans and line each with heavy brown paper, letting paper extend $\frac{1}{2}$ inch above the pan.

Cream shortening, gradually add the sugar mixed with salt and spices. (My family does not like spices, so I flavor this cake with vanilla.) Cream until light and fluffy. Add beaten eggs and beat well. Beat in flour. Last, add nuts and wine-softened fruit, with any wine remaining in bowl. Mix well until well-coated with batter. Pour into paper lined pans and bake in a very slow oven (250° F.) for 4 to 5 hours or until done when tested with a tooth pick. Place a flat pan holding two cups of water on bottom shelf while cake is baking to keep the cake moist. Makes 5 pounds of rich, fruity cake. Cool and store in a tight container.

Mrs. L. M. Wilkins, Forsyth County

MOLASSES FRUIT CAKE

This cake was used generations ago when sugar was very scarce.

Soak 3 cups dried apples overnight (Evaporated apples may be used but soak only a few hours). Pour off water and chop apples, or they may be chopped before soaking. Add to apples 3 cups molasses, stew till most soft. Watch closely, as this boils over very quickly. Cool. Sift together 3 cups flour, 1 teaspoon each soda, cinnamon, nutmeg. Add to apple mixture. Add 1 cup butter, margarine or other shortening. Mix well. Add 3 whole eggs well beaten. Mix all well and bake in a slow oven. Nuts, citron or preserves may be added and will make cake much better. If you like a cake with more fruit, or nuts than this calls for, the amount may be increased to almost any amount. I often double fruit and add $1\frac{1}{2}$ cups of nuts.

Mrs. J. D. Brown, Rutherford County

SCOTCH FRUIT CAKE

My great grandmother McLeod who died in 1873 brought this recipe from Scotland.

2 packages of seeded raisins	5 or 6 eggs
$2\frac{1}{2}$ pounds of mixed candied fruits and peels	$\frac{3}{4}$ teaspoon salt
2 cups walnut meats	$\frac{1}{2}$ teaspoon soda
$2\frac{1}{4}$ cups sifted flour	$1\frac{1}{2}$ teaspoons cinnamon
1 cup butter	$\frac{1}{2}$ teaspoon cloves
1 cup sugar	1 teaspoon nutmeg
$\frac{1}{2}$ cup molasses (or syrup)	$\frac{1}{2}$ cup of fruit juice
	1 cup jam or strawberry preserves

Preparation: Cut fruits and nuts into very small pieces and mix in $1\frac{1}{2}$ cups of the flour until well coated.

Cream butter. Add sugar and molasses gradually. Add slightly beaten eggs; then add remaining flour sifted with salt, spices and soda. Last add floured fruits and nuts, fruit juice and preserves (or jam). Mix well. Grease and paper line 2 deep 9 inch tube pans. Fill pans about $\frac{3}{4}$ full. Bake in a slow oven about $3\frac{1}{2}$ hours. If cakes become too brown on top before they are done cover with damp brown paper. When done turn up-side-down 'til cool. Then remove from pans. Leave paper on and store. If wrapped in several thicknesses of brown paper, these cakes may be kept for several weeks in a tightly covered tin box.

Mrs. John Baker, Hoke County

100 YEAR-OLD FRUIT CAKE RECIPE

1 pound butter	½ pound shelled filberts
1 pound flour	1 pound shelled almonds
1 pound brown sugar	½ pound candied orange peel
12 eggs	½ pound candied lemon peel
1½ pounds citron	1 cup orange and lemon juice
1 pound candied cherries	1 tablespoon cinnamon
1 pound currants	2 teaspoons nutmeg
1 pound diced candied pineapple	1 tablespoon cloves
3 pounds seedless raisins	1 teaspoon soda

Cream butter and sugar until light and fluffy; add egg yolks, beaten until lemon colored. Mix half flour with fruit. Blend remaining dry ingredients in creamed mixture alternately with orange juice. Fold beaten egg whites in last, and add diced fruits and nuts to the batter. Pour into pans lined with waxed paper, greased and floured.

Ingredients listed will make approximately 12 pounds of fruit cake. Bake cake 4 hours at 275° F.

Mrs. J. S. Tucker, Stanly County

FRUIT CAKE

This recipe was copied from a news article 15 years ago. The article stated that this recipe came from an elderly homemaker from Edenton about 15 years before. It is good to the last crumb.

1 pound butter	1 pound plain flour
10 eggs	1 can sliced pineapple
1 pound dates	1 quart pecans
1 apple (chopped fine)	1 pound Brazil nuts
1 pound walnuts	½ pound red candied cherries
1 pound citron	1 teaspoon cinnamon
1 pound sugar	1 teaspoon lemon extract
2 pounds seedless raisins (white raisins make a prettier cake)	1 teaspoon nutmeg
¼ pound lemon peel	1 teaspoon cloves
¼ pound orange peel	1 package dried figs or 1 quart fig preserves (drain off juice)

Cream butter and sugar adding one egg at a time. In a large pan mix well all dry fruits and nuts and over this pour the one pound of flour into which has been placed the cinnamon, nutmeg, and cloves. Be sure not to use more than the pound of flour in flouring the nuts and fruits. When fruits and nuts are well mixed and floured, add gradually to batter. Now add moist fruits as: Figs, pineapple chopped fine (drain juice from pineapple.) Place in pan (with a spout) which has been well greased with wax paper in bottom and pack well.

Decorating Cake

Use two slices of crystalized pineapple, cut into 2 parts. These slices can be placed on top of cake to suit any plan. Use 16 red cherries, place one at center of each slice of pineapple, one at the back of each slice of pineapple, and one in between each slice of pineapple. Now place four halves of pecans around each cherry which you placed between each slice of pineapple—this makes flowers. Nuts can be used with cherries at the back of each slice of pineapple also.

Cooking In Pressure Cooker

Place cake on rack (on shortest legs) in cooker in which you have placed one inch of water. Two cakes may be cooked at one time—one on top of the other. Seal up pressure cooker and let pressure rise to 10 pounds. Cook for 30 minutes. Now run pressure up to 15 pounds and cook for 45 minutes. As soon as time is up, lift cooker from stove and let pressure drop to zero. Now open cooker and without removing waxed paper from around cakes, place in moderately hot oven to dry out for 20 to 30 minutes. (This depends on the stove and good judgment.)

Caution: Do not place cakes in cooker until you have wrapped a thick piece of waxed paper around over the top of pan and tied securely. Leave the paper on until you have finished cooking in pressure cooker and also drying out in stove.

It is well to mix spices with flour before flouring fruits and nuts in order to insure even distribution.

Mrs. Jacob Crayton, Stanly County

Aunt Angelica "Jellie" Stewson's Recipe For CITRON POUND CAKE

This was my aunt's recipe and is about 75 years old. She had this cake at Christmas and it recalls fond memories of childhood.

Stir two cups of butter to a cream, then beat in the following ingredients, each one in succession.

1 pint powdered sugar
1 quart flour (measured after
being sifted)
1 teaspoon salt

8 eggs (beat eggs well together
before adding)
¼ pound of citron cubed and
sliced thin and floured before
adding to mixture

Bake in moderate oven, 325°F. for about one hour and 15 minutes (or until done).

Julia Maude Conrad, Forsyth County

GINGERBREAD

This recipe has been used in three generations of my family. My grandmother had 11 children and she said they all had a sweet tooth. She said it seemed in those days it was hard to get sugar to keep something sweet for children. One day she was looking through some old books and found this gingerbread recipe. That day she cooked one recipe and after that she had to double it everytime.

½ cup butter	¼ teaspoon allspice
½ cup sugar	¼ teaspoon nutmeg
2 eggs	¼ teaspoon cloves
1 teaspoon soda	¼ teaspoon salt
½ cup molasses	½ cup water
1½ cups all-purpose flour	1 teaspoon ginger
1 teaspoon cinnamon	

Cream together butter and sugar. Add eggs, beat well. Dissolve soda in molasses. Stir in water. Add molasses-water mixture to first mixture. Mix well. Combine with dry ingredients, pour in 9" pan that has been greased and bake at 350° F. for 35 minutes.

Recipe also submitted by: Mrs. Ed Smith, Wayne County
Mrs. H. G. Blanchard, Pender County
Mrs. E. F. House, Sampson County
Mrs. J. M. Kirby, Stokes County

POUND CAKE

My grandmother, Lattie Brinkley, was the founder of this recipe. Grandmother Brinkley lived during the Civil War and also during slavery. Her mother and father died when she was a small child and a negro slave woman reared her. The negro woman was known as "mammy" to Grandmother Brinkley. The Pound Cake was known to all of her children as their wedding cake as she always made this particular cake when one married.

12 eggs	1 pound flour
1 pound butter	1 nutmeg (grated)
1 pound sugar	

Beat egg yokes separately, cream butter and sugar. Add beaten egg yokes, flour, nutmeg. Fold in egg whites. Bake in moderate oven 350° F.

Mrs. Claude Riddle, Surry County

POUND CAKE

This was a recipe much liked and used by my mother, Mrs. J. H. Barkley. It was taken from a Jamestown cook book given to my mother by her sister, Mrs. J. J. Miller of Norfolk, Virginia in 1907. All recipes in book were tried and compiled by members of The Ladies' Aid Society of Freemason St. Baptist Church in Norfolk, Virginia, in 1907, the year the Jamestown Exposition was held there. This recipe was sent in for the Jamestown cook book by Mrs. J. J. Taylor of Georgetown, Kentucky.

10 eggs
2 cups butter
2 cups sugar

4 cups flour
Small glass of sherry wine
1 teaspoon baking powder

Cream butter and sugar; then add yolks well beaten, and gradually the flour. Put in the sherry and the whites, beaten to a stiff froth, and baking powder. The more you beat, the less baking powder needed. Bake in moderate oven.

Mrs. Z. L. Dawes, Wilson County

POUND CAKE

This recipe was handed down from Mrs. Amanda Covington DePriest who obtained it from an old slave woman, Harriet Gidney, a famous cook of Cleveland County.

1 pound butter
3½ cups sugar
1 teaspoon salt
10 eggs

2 teaspoons lemon juice
2 teaspoons grated lemon rind
4 cups sifted flour

Cream together butter and sugar until light and fluffy as whipped cream. Sift together flour and salt, add half to creamed mixture, beat hard using long strokes to incorporate lots of air. Add eggs, one at a time, beating hard after each. Add lemon juice and rind. Beat. Add remaining flour and beat until velvety smooth and fluffy. Pour in large greased loaf cake pan. Bake in a moderate oven for at least one hour. Remove from pan. When cold store in air-tight container with an apple for added flavor and moisture.

Emma G. DePriest, Rutherford County

"Coconut Pound Cake"

3C^s Sugar
1C. Crisco
6 eggs
1C. Canned milk

1 tsp lemon flavoring
3C^s 153 plain flour
1 tsp. Baking Powd.
¼ " salt

1C. Coconut or fresh

Bake 1 hr. 20 mi. at 325° F. in Tube Pan.

POUND CAKE

The recipe for this pound cake was found in Dolly Madison's cook book. She copied it from Martha Washington's "Rules For Cooking."

One pound of butter, rub soft as cream; have ready a pound of flour, pound of sugar. Add 12 eggs well beaten. Put alternately into butter and sugar and the froth of eggs, continuing to beat well until all ingredients are in and cake is light. Add some grated lemon peel, a nutmeg, and a gill ($\frac{1}{2}$ cup) of lemon juice. Butter the pan and bake. Serve with melted butter, sugar and lemon juice as a sauce, or dry with fruit juices. Bake in slow oven at 325° F. about 80 minutes.

Mrs. L. W. Pearson, Wayne County

POUND CAKE

This is a favorite recipe of Mrs. J. L. Holmes' family. It was first published many years ago in 1871 in an old Virginia cook book. The recipe, which can be traced as far back as 1772, continues to be a family favorite.

Wash the salt from a pound of butter, and rub it till it's as soft as cream - have ready a pound of flour sifted, one of powdered sugar, and twelve eggs well beaten; put alternately into the butter, sugar, flour, and the froth from the eggs - continuing to beat them together till all the ingredients are in and the cake quite light. Add some grated lemon peel, a nutmeg and a gill of wine; butter pans and bake.

Mrs. J. L. Holmes, Iredell County

THRIFTY POUND CAKE

3 cups sifted cake flour	1 cup butter
1½ teaspoons baking powder	1 teaspoon vanilla
¼ teaspoon mace	3 eggs, beaten
⅛ teaspoon salt	½ cup milk
1½ cups sugar	

Sift flour, baking powder, mace and salt together 3 times. Cream butter with sugar and vanilla until fluffy. Add eggs and beat thoroughly. Add sifted dry ingredients and milk alternately in small amounts, beating well after each addition. Pour into greased tube pan and bake in moderate oven, (350° F.) about 60 minutes.

Mrs. H. L. Seaford, Cabarrus County

POUND CAKE

This recipe was given to club members by Miss Alice McQueen, Home Demonstration Agent in Forsyth County in 1921-31, and has been a favorite in my mother's house for many years. It's tops in pound cake in my house.

1 cup butter
1 ½ cups sugar

5 eggs, large, 6 if small
2 cups flour

Cream butter, add sugar and cream until light and fluffy. Add eggs one at a time. Blend well. Add flour. Bake 1 hour at 350° F.

Mrs. Lester Boger, Forsyth County

POUND CAKE

This recipe is about 120 years old. It was a favorite of my grandmother, Emeline Rountree Parker, for special occasions. One such event was for a wedding supper for her son. The cake was cooked in an oven in a fireplace. The oven was set outside in the sun to warm while the cake was being made. Cake was beaten by hand for 1 hour. The batter was placed in the oven in the sun to rise. Then the oven was returned to the fireplace, covered with coals and the baking finished. Not only were brown straws used to test the cake to see if it was done, but 3 or 4 stiff broom straws were used to beat the egg whites for the the icing and for an eggnog served with the cake.

12 eggs
1 pound butter
1 pound sugar
1 pound flour

1 cup milk
1 teaspoon baking powder
1 tablespoon lemon extract

Break eggs. Save out egg whites. Beat yolks well, add sugar gradually. Melt butter and add milk. Add baking powder and flour sifted together. Then add lemon extract and beat thoroughly. Bake in slow oven about 2 hours. (Less beating will be required if the egg whites are used in place of the cup of milk, especially if they are beaten and folded in after the other ingredients are well mixed.)

Mrs. F. C. Willey, Gates County

Note: The following method of mixing may be used. Cream butter. Add sugar gradually. Add well beaten egg yolks, alternately with flour and baking powder. Add flavoring. Fold in beaten egg whites.

CONGRESS POUND CAKE

This recipe has been used one hundred years. It has been handed down to me and which was originally the recipe of Mrs. Sara Jane Shimer of Shimersville, Pa.

4 eggs	½ cup butter
2 cups sugar	1 cup milk
3 cups flour	½ teaspoon bitter almond flavoring
2 teaspoons baking powder	

Cream butter and add sugar gradually and beat until light. Add beaten egg yokes and flavoring. Sift flour and baking powder together three times and add alternately with milk and the first mixture. Add stiffly beaten egg whites. Bake in a greased and floured angel cake pan 45 minutes. Moderate oven.

Mrs. Emily H. Southard, Surry County

POUND CAKE

This recipe has been in use since about 1872. Mrs. Polly Page Merritt who came from Duplin County used it to make a cake each Saturday during her married life. Mrs. Lula Johnson got it from her and has used it since 1905. I have been using the same recipe since 1933. As far as I can find out there has never been a failure.

¾ pound butter	18 ounces flour (9 ounces self-rising, and 9 ounces plain)
1 pound sugar	1 teaspoon vanilla
9 eggs (1½ pounds in shell)	Grated rind of one orange

Cream butter well, add sugar and cream well. Add eggs one at a time beating well each time. Add vanilla and grated rind. Last add flour, three tablespoons at a time and fold in well. Bake in a tube pan for 1¼ hours or until it shrinks a little from the pan. Cook at 325° F. When done, invert pan until cool.

Mrs. W. I. McLamb, Sampson County

SOLID CAKE

1½ cups butter	7 eggs
2 cups sugar	1 teaspoon baking powder
1 tablespoon milk	3 cups flour

Cream butter and sugar. Add milk, then eggs and flour (sifted with baking powder) alternately. Add first three eggs, one at a time and beat by hand for five minutes after each. Add re-

maining four, two at a time, and beat for three minutes after each. Bake in moderate oven until firm.

Ruth Current, State Home Demonstration Agent

GINGERBREAD

This recipe has been handed down in the John R. Hill family of Sunbury, N. C. from about 1850.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup or 14 tablespoons molasses	$\frac{1}{4}$ teaspoon soda
1 egg	1 teaspoon ginger or mixed spices
2 cups sifted flour	1 cup milk

Beat whole egg. Stir in molasses, add a little milk. Resift flour with other dry ingredients. Add sifted ingredients alternately with milk. Beat batter after each addition until blended. Stir in butter that has been melted in the baking pan. Bake in 350° F. oven for about 45 minutes. Serve warm.

Mrs. James Robert Hill, Gates County

WASHINGTON'S HARD GINGERBREAD—1776

1 cup sugar	1 cup molasses
1 loosely packed cup lard	1 tablespoon ginger
1 tablespoon soda dissolved in	Pinch salt
1 cup hot water	

Flour to make soft dough. Roll these a little thick. Mark top in fine checks. Cut in desired shape as soon as they come from the oven before removing from baking sheet. "Delicious"—the older these get the better they are.

Mrs. J. H. Robertson, Stokes County

SOFT GINGERBREAD

$\frac{1}{4}$ cup shortening	$1\frac{3}{4}$ cups flour
$\frac{1}{2}$ cup sugar	1 teaspoon soda
1 egg	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup molasses	1 teaspoon ginger
$\frac{1}{2}$ cup sour milk	$\frac{1}{4}$ teaspoon salt

Cream shortening, add sugar and molasses, then egg. Sift dry ingredients together. Then alternately add milk and flour. When well mixed, pour in pan. Bake in moderate oven.

Mrs. A. Crouse Jones, Forsyth County

SOFT GINGER CAKE

This recipe was used in our home quite often when there was plenty of good home-made molasses to use which made a delicious cake.

Stir to a cream one cupful of butter and half cupful of brown sugar; add to this two cupfuls of cooking molasses, a cupful of sweet milk, a tablespoonful of ginger, a teaspoonful of ground cinnamon. Beat all thoroughly together. then add three eggs, the whites and yolks beaten separately; beat into this two cups of sifted flour, then a teaspoonful of soda, dissolved in a spoonful of water, and last, two more cupfuls of sifted flour.

Butter and paper two common square bread-pans, divide the mixture and pour half into each. Bake in a moderate oven.

This cake requires long and slow baking, from forty to sixty minutes. I find that if sour milk is used the cakes are much lighter, but either sweet or sour is most excellent.

Mrs. J. C. Wells, Cherokee County

HARD GINGERBREAD

2 pounds butter	4 teaspoons salaratus (soda)
2 teaspoons powdered alum	¼ teaspoon sal. ammonia (salt)
2 tablespoons ginger	About ten pounds flour
2 quarts molasses	

Put the flour, sifted twice, in the bread pan; make a hollow in the center; cut up the butter and put in; heat the molasses; dissolve the alum in one pint of boiling water; also the salaratus (soda) in another pint of hot water.

Let both settle and pour off carefully (leaving the sediment at the bottom) into the molasses and pour all quite warm on to the butter. Sift on the ginger, ammonia and a teaspoon of salt; work and mix it with the hands. Mix it soft, as you can roll it easily and nicely three-fourths of an inch thick, and bake on long square tins. Make it up without delay and put it in oven immediately, as anything with soda or salaratus loses its rising qualities. Bake in moderate oven, as molasses burns easily. This is the old-fashioned gingerbread, such as our grandmothers use to make on training days after the Revolutionary War and was called "Trainers' Gingerbread."

Mrs. C. T. Hamrick, Rutherford County

GREAT-GRANDMOTHER'S GINGERBREAD (100 years old)

½ cup sugar	½ teaspoon salt
½ cup butter or lard mixed	2½ cups sifted plain flour
1½ teaspoons soda	1 cup hot water
1 teaspoon cinnamon	1 cup molasses
1 teaspoon ginger	1 egg
½ teaspoon cloves	

Cream shortening and sugar until light and fluffy. Add beaten egg, molasses, and dry ingredients which have been sifted together, add hot water last, beat until smooth. Bake 350° F. for 35 minutes.

Mrs. P. H. Morgan, Forsyth County

LAFAYETTE GINGERBREAD

It is reported that when Marquis de LaFayette returned to America after the Revolutionary War in the fall of 1784 following a visit to his old friend, George Washington at Mt. Vernon, he went to Fredericksburg to pay his respects to Mary Washington's mother. He found her in her garden wearing short gown, petticoat and cap, raking leaves.

After an unaffected meeting they went into the house, she served him a mint julep with some of her favorite gingerbread. Later this recipe was found in her cookbook, the cookbook of George Washington's mother "Mary Washington."

Put in a pan ½ cup of butter with ½ cup of excellent brown sugar and beat to a cream. Add 1 cup West India Molasses and ½ cup warm milk, 2 tablespoons powdered ginger. 1 heaping teaspoon cinnamon, mace and nutmeg, powdered and mixed, 1 wine glass wine (coffee may be substituted). Beat 3 eggs until very light and thick. 3 cups flour, which sift and stir alternately with the beaten eggs into the batter. Last, mix in the juice and grated rind of one large orange. Dissolve 1 level teaspoon of soda in a little warm water and stir in. Beat until very light. A cup of seeded raisins in an addition. Bake in a loaf sheet or patty pans in moderate oven. (350° F.)

Mrs. John E. Williams, Rutherford County

Recipe also submitted by:

Carrie Brame, Warren County
Mrs. Jacques Busbee, Moore County

GINGERBREAD WAFFLES WITH LEMON SAUCE

1 1/2 cups sifted enriched flour	1/4 teaspoon salt
1 teaspoon baking soda	2 eggs, well beaten
1 teaspoon baking powder	1 cup milk
1 teaspoon ginger	1/2 cup sugar
1/2 cup molasses	2 tablespoons melted shortening

Sift flour, baking soda, baking powder, ginger, and salt together. Combine eggs, milk, sugar, shortening, and molasses. Add dry ingredients. Mix well. Bake in hot waffle iron. Serve with hot lemon sauce.

LEMON SAUCE

1 cup sugar	vitaminized margarine
8 teaspoons starch	6 tablespoons lemon juice
2 tablespoons butter or	2 cups boiling water

Mix sugar and cornstarch. Add lemon juice and blend until smooth. Slowly add boiling water, stirring constantly. Stir until boiling point is reached. Remove from heat. Add butter or margarine.

Inez Henderson, Madison County



Bathurst Fruit Balls

This recipe originally came from a Scotch woman and was given to a friend of mine in Bathurst, N. B., Canada, while I was visting there. These are very easily made and are excellent for a sweet for teas, parties, club meetings, etc. They can be made the day before they are to be used if they are kept in the refrigerator until that time. This amount makes 32 small balls or finger rolls, which ever way you like to roll them.

¼ pound butter or margarine,
creamed well
1 whole egg added to above and
well beaten together

2 cups confectioners' sugar added
to above and then beat well
½ cup chopped walnuts
½ cup maraschino cherries, chopped
½ cup dates, chopped

Stir the fruit into the sugar mixture and place in ice box for 15 to 20 minutes to make it easier to handle.

Roll on wax paper 1½ cups graham cracker crumbs and drop the fruit mixture on the crumbs to coat them well, at the same time shaping them. Place on large platter and put in ice box until ready to use.

Mrs. G. S. Angel, Forsyth County

SUGAR CAKES OR CRACKERS

Recipe used by Mrs. John W. Kiker for over 60 years. Her children, grandchildren, and great grandchildren think there is no cookies quite as good as "Mama Jodie's cookies."

4 eggs
4 cups sugar
1 cup shortening

1 cup butter
1 cup buttermilk
2 teaspoons soda

Cream eggs with sugar, shortening, and butter. Dissolve soda in buttermilk and add to first mixture. Add flour to make a moderately stiff dough. Add flavoring. Work the dough smooth. Roll out and cut. Bake in quick oven.

Viola Kiker, Anson County

BROWN SUGAR COOKIES

This recipe comes from colonial Quaker kitchens of central Carolina. It was Mother's favorite, and a "recipe" she shared with many. A number of homemakers in our surrounding territory rely on its goodness and dependability when they make cookies.

1 cup brown sugar	1 teaspoon vanilla
1 cup white sugar	3½ cups flour
1 cup shortening, butter or lard	½ teaspoon salt
2 eggs	2 teaspoons baking powder
2 teaspoons sweet milk	½ teaspoon soda

Cream sugar and shortening well. Add eggs and cream again. Add remaining ingredients. Knead dough well. Roll thin, cut in cakes and bake in quick oven.

Dough may be frozen in rolls about 2 inches in diameter, or cut ready to bake. Fruits or nuts may be added in any amount, also spices or flavorings.

The adaptability of the basic dough to any choice of nuts, fruits, spices, or extracts added seems exceptional. Furthermore, it freezes well either in cooked or uncooked form.

Mrs. Gilbert English, Randolph County
Recipe also submitted by: Mrs. J. E. D. Perry, Bertie County

BUTTER LETTERS (Boter Letters)

This recipe is originally from Holland and it is still the custom of the Dutch to make a butter letter such as J for John, etc. for every member of the family at Christmas time. Each person has his own letter and serves it according to his own wishes.

Filling

1 pound blanched almonds ground fine	3 eggs
1 pound sugar	Juice of 1 lemon and the grated rind

Mix together thoroughly and spread between crust made of ½ pound butter and ½ pound flour. Mix two ingredients together well, roll out on floured board in long narrow strips, 4" x 8" or so, place filling on each strip and bring edges of crust together, moisten with egg which has been beaten, shape into a letter or leave in strips. Bake in 425°F. oven for about 20 minutes or until nice and brown. To serve slice crosswise in 1" pieces. Be sure to brush roll with beaten egg well before putting into the oven.

Mrs. John Leeuwenburg, New Hanover County

BROWNIES

$\frac{2}{3}$ cup sifted all-purpose flour	1 cup sugar
$\frac{1}{2}$ teaspoon baking powder	2 eggs, well beaten
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup broken walnut meats
$\frac{1}{3}$ cup butter or other shortening	1 teaspoon vanilla
2 squares unsweetened chocolate	

Set oven for moderate heat (350°F.). Grease an 8 x 8 x 2 inch pan. Sift flour once, measure, add baking powder and salt, and sift again. Melt chocolate and shortening over hot water. Add sugar gradually to eggs, beating thoroughly. Add chocolate mixture and blend. Add flour and mix well; then mix in nuts and vanilla. Spread in greased pan. Bake in pre-heated oven 25 minutes, or until done. Cool in pan, then cut into squares or rectangles. Makes about 2 dozen brownies.

Mrs. George Frazier, Granville County

CHRISTMAS MOLASSES COOKIES

This recipe has been in my family 26 years. A good Moravian of the Conrad family of Old Bethania settlement gave it to my sister when she started housekeeping.

1 cup molasses	2 teaspoons cinnamon
1 cup white sugar	2 teaspoons allspice
$\frac{2}{3}$ cup lard or butter, melted but not hot	$\frac{1}{2}$ teaspoon ginger
1 heaping tablespoon soda in $\frac{1}{2}$ cup hot water	1 $\frac{1}{2}$ teaspoons cloves
	About 6 cups flour

Sift together flour and spices. Melt shortening, but do not heat, add sugar and molasses to this. Add soda in $\frac{1}{2}$ cup hot water. Add flour. Let set overnight. Roll thin and bake in slow oven.

Mrs. Lester Boger, Forsyth County

COOKIES

White of 1 egg	1 tablespoon flour
1 cup light (or dark) brown sugar	1 pinch salt
1 cup broken pecans	

Beat egg white, add sugar and flour, nuts and salt. Drop with teaspoon far apart on greased cookie tin. Cook in slow oven—about 250°F.—10 minutes. If you like cookies chewy, cook about 8 minutes. Take off sheet when partly cool. Makes about 3 dozen.

Lincoln County

COOKIES

½ cup fat	1 teaspoon flavoring
⅔ cup white syrup	2 teaspoons baking powder
6 tablespoons sugar	½ teaspoon salt
1 egg, beaten	½ cup chopped nuts
2¼ cups sifted flour	½ cup chopped raisins

Cream the fat and sugar, and add the syrup mixed with the beaten egg, and beat well. Add the sifted dry ingredients and flavoring. Add the nuts and raisins. Drop by teaspoonfuls on a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375° to 400°F.) Remove from sheet while hot. This recipe makes about 60 cookies.

Mrs. G. P. Wilkinson, Jr., Granville County

SOFT MOLASSES COOKIES

This is another recipe taken from one of the ancient cook books. We do not know how old it is, but it has been tried and proven.

Mix together:	Sift together:
⅓ cup sweet milk	1½ cups sifted flour
1 teaspoon vinegar	1 teaspoon soda
Add and mix well:	½ teaspoon cinnamon
¼ cup cooking molasses	½ teaspoon ginger
	½ teaspoon salt

Put into bowl—⅓ cup soft shortening or meat drippings. Add gradually, mixing thoroughly—½ cup sugar. Beat in vigorously 1 egg. Add flour mixture alternately with milk mixture, beating until smooth after each addition. Begin and end with flour mixture. Drop by level teaspoons onto greased cookie sheet, leaving a 2-inch space between each cookie. Bake 10 minutes or until brown. Makes about 2½ dozen.

Mrs. Marshall Kirkpatrick, Haywood County

CHEWY CAKE SQUARES

Mix together 1 stick butter (¼ pound or ½ cup) and 2 cups light brown sugar. Put on slow burner. Let melt to form thick syrup. Take off stove and add 2 eggs (whole). Beat until well mixed. Add 2 cups self-rising flour. Add 1 cup chopped nuts. Mix well. Makes very stiff batter. Spread in 9 x 13 inch pan. Bake 15 to 20 minutes, no longer, in 375°F. oven.

Mrs. John Winfield, Beaufort County

CHOCOLATE COOKIES

2 heaping tablespoons cocoa	1 cup sugar
2 cups sifted flour	$\frac{2}{3}$ cup butter (melted)
$\frac{1}{2}$ teaspoon salt	2 teaspoons baking powder
1 beaten egg	1 teaspoon vanilla

Sift together flour, salt, baking powder, cocoa, and sugar. Add melted butter and egg to dry ingredients and beat lightly until smooth. Add vanilla. Turn dough on floured board. Divide into 2 parts and shape into rolls on wax paper and chill in refrigerator until firm. Slice $\frac{1}{8}$ inch thick and place on greased baking sheet. Bake immediately in hot oven about 400°F.

Mrs. F. C. Anthony, Wilkes County

SWISS CHRISTMAS COOKIES

1 cup white sugar	4 cups flour
1 cup brown sugar	1 teaspoon soda
1 cup butter	1 teaspoon vanilla
3 eggs	$\frac{1}{2}$ teaspoon salt

Cream butter, add sugar and eggs and beat thoroughly. Sift and add dry ingredients to first mixture. Roll $\frac{1}{4}$ to $\frac{1}{2}$ inch in thickness. Cover with fruit mixture, roll and let stand in refrigerator overnight. Slice and bake.

Fruit Mixture

1 pound dates	$\frac{1}{2}$ cup sugar
$\frac{3}{4}$ cup water	Jam and nuts may be added
	Transylvania County

AUNT EUNICE'S MOLASSES GINGER COOKIES

(An old recipe used for years)

4 tablespoons shortening	$3\frac{1}{2}$ cups flour
4 tablespoons sugar	$1\frac{1}{2}$ teaspoons soda
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup milk	1 teaspoon ginger

Mix liquid ingredients together. Add the flour which has been sifted including soda, salt, and ginger. Knead enough so as to roll out on floured board. Cut with cookie cutter. Bake in moderate oven until done. Too hot an oven burns and ruins molasses cookies or cakes.

Mrs. Metta H. Byrd, Wilkes County

GRANDMOTHER'S ICE CREAM COOKIES

1 cup butter

1 cup powdered sugar

1½ cups flour

1 egg

Soften but do not melt butter. Sift flour before measuring, then sift again and add to softened butter, rubbing well together with the hands. Add the sugar, mix well and lastly the egg which has been well beaten. Knead well, then set aside to chill. Roll out thinly, cut in any desired shapes and bake in oven at 350° to 375°F. for 5 to 7 minutes. These are lovely for afternoon tea.

Mrs. J. T. Denning, Johnston County

Recipe also submitted by: Mrs. E. F. House, Sampson County

OLD-FASHIONED GINGER CREAM COOKIES

3 cups sifted flour

1½ teaspoons soda

1 teaspoon ginger

1½ teaspoons cinnamon

½ cup butter or other shortening

½ teaspoon salt

1 cup sugar

1 egg, unbeaten

½ cup molasses

1 cup sour milk or buttermilk

½ teaspoon vanilla

Sift flour once, measure, add soda, salt and spices and sift together 3 times. Cream butter thoroughly. Add sugar gradually, creaming until light and fluffy. Add egg and beat well; then molasses. Add flour alternately with milk—a small amount of each at a time—mixing well after each addition. Add vanilla. Chill 1 or 2 hours or until firm enough to hold shape. Drop generous amount from teaspoon on lightly greased baking sheet, placing about 2 inches apart. Bake in hot oven (400°F.) 13 or 15 minutes. Cool. Spread thinly with icing made by mixing:

2 cups sifted confectioners' sugar

1¾ teaspoons grated lemon rind

2 teaspoons lemon juice

¼ cup cream

Leave a ¼" border around edge of cookies.

Mrs. J. H. Kirkpatrick, Haywood County

GINGER SNAPS

1 pint molasses

1 cup brown sugar

1 cup butter

1 tablespoon ginger

1 teaspoon soda dissolved in

1 tablespoon hot water

Mix ingredients. Add enough flour to make thick mixture. Roll very thin, and bake in moderate oven.

Mrs. John Baker, Hoke County

GINGER SNAPS

This recipe was handed down from my grandmother who would be 104 if living now. You can see it is quite old for recipes today give detailed information on how to mix, etc. As a child the last sentence appealed to me. Whether locked up is an error, I do not know. But I do know that it is the only remedy in keeping them at our house.

1 cup butter and lard mixed	2 tablespoons ginger
1 cup sugar	1 teaspoon cloves
1 cup molasses	1 teaspoon soda
½ cup water	(dissolved in hot water)
1 tablespoon cinnamon	

Mix ingredients—Add flour enough for stiff dough, roll thin and bake quickly. These will keep for weeks, if locked up.

Mrs. Abner Miller, Wilson County

LOVE FEAST CAKES

The Moravian Church has a service of Christian fellowship called a Love feast. In the manner of the early Christian Church, when members met and ate together in homes, the custom was brought from Europe by the Moravians to have this kind of meeting. It is not a communion service.

For the light repast, usually a small cake and a cup of coffee are provided.

The Love feast cakes were some times baked in homes of members. Mostly they have been supplied by a bakery. The bakery in Salem, North Carolina, provided these buns for about a century. The recipe that follows is for Salem buns.

15 cups flour	2 tablespoons salt
2 cups sugar	1½ cups milk, scalded
1 cup mashed potatoes	2 ounces yeast
1 cup butter and lard mixed	⅓ cup warm water
3 eggs	

Leave out 1 cup flour to work dough. Put remaining flour in pan. Scald milk and let cool, dissolve yeast in the warm water. Add all ingredients and make a soft dough and work with the hands until smooth. Let rise until double in bulk. Work out in buns and put buns far enough apart so they will not touch when risen double in bulk again. Bake in hot oven from 10 to 15 minutes or until brown. This recipe makes 3 dozen buns.

Mrs. Fred Reed, Forsyth County

LADY FINGERS

4 tablespoons of powdered sugar
4 eggs

3 tablespoons of flour
A little grated lemon peel

Stir the sugar and the yolks of the eggs thoroughly together; add the flour and the rind of half a lemon, grated fine, being careful not to grate through into the white, bitter part; lastly, add the whites of the eggs, beaten stiff. Bake in lady finger tins, lined with buttered paper. Sprinkle with a little powdered sugar, daintily, just before putting into the oven, at 325°F. which should not be too hot, for the lady fingers should be of a very delicate brown. In the absence of the tins, sheets of white paper may be put in a large tin and the dough given the required shape by squeezing it through a paper funnel.

Mrs. Creola B. Holyfield, Surry County

ALICE McCARROLL COOKIES

Known as Mrs. Alice McCarroll cookie recipe and has been in use at least 50 years.

3 round cups flour
3 teaspoons baking powder
1 1/3 cups sugar

2 eggs
2/3 cup shortening

Sift flour and baking powder together. Beat eggs until light and stir sugar and melted shortening in the beaten eggs. Use any flavoring desired and enough sweet milk to make a moderately soft dough. Mix all ingredients together and roll out on floured board. Cut out with any cutter and stick fork holes in dough. Bake in hot oven until brown.

Mrs. E. C. Eller, Ashe County

LEE'S TEA CAKES

My father was named for General Robert E. Lee and this tea-cake recipe was handed down from General Lee's family to my grandfather Horne's family.

1 orange
2 tablespoons orange juice and
grated orange peel

2 cups sugar
1 cup butter or salad oil
3 eggs

Beat all together. Add any amount of flour with 1 teaspoon baking powder with each cup to make stiff dough. (As of today use self-rising flour)

Mrs. W. C. Curlee, Anson County

MORAVIAN SUGAR COOKIES

This recipe was brought over when the first Moravians came to Salem and for a long time was only used by the family that brought it, but 20 years ago, I was given the recipe.

3 pounds brown sugar
1½ pounds butter
3 teaspoons sugar
15 eggs

Flavoring to suit taste
Flour to make a good handling
dough

Cream sugar and butter, add egg yolks, beat egg whites to a froth. Fold in alternately with flour. Roll and bake in moderate oven.

Mrs. A. Crouse Jones, Forsyth County

"FO DE WAR" GINGER COOKIES

This recipe has been in my family several generations.

¾ cup shortening	1 teaspoon soda
¾ cup sugar	½ teaspoon salt
2 teaspoons ginger	4 cups flour
1 cup molasses	1 egg

Cream shortening until soft. Gradually add sugar and continue beating until smooth. Add the egg and beat very light. Sprinkle ginger over batter. Add the molasses in which soda has been dissolved. Sift flour in bowl, hollow out the center, pour in the liquid and work in flour until dough is a little stiffer than for biscuit. Roll to desired thickness, cut with any cookie cutter desired, place on greased cookie sheet and bake about 15 minutes in moderately hot oven (375°F.).

Mrs. John K. Sanders, Johnston County

MORAVIAN COOKIES

1½ cups flour	2 tablespoons water or wine
2 cups molasses	1½ teaspoons baking soda
¾ cup shortening (butter and lard may be mixed or a substitute may be used)	1 tablespoon buttermilk
1 cup brown sugar (tightly packed)	1 tablespoon, each, of cinnamon, cloves, allspice and ginger

Rub shortening, sugar and flour (sifted with spices) together well. Add molasses and water or wine. Add soda dissolved in 1 tablespoon buttermilk and mix well. Work in enough flour to make stiff dough (approximately 3 to 4 cups). Chill and roll paper thin. Cook in 400°F. oven approximately 5 minutes (or until brown).

Mrs. N. V. Daniel, Granville County

MORAVIAN CHRISTMAS COOKIES

This recipe came from Winkler's Bakery, an old landmark in Salem, and the first bakery in this section, and one of the first in North Carolina.

1 quart molasses	spoons boiling water or butter-
1 pound brown sugar	milk
4 pounds flour	2 tablespoons cloves
6 ounces pure lard	2 tablespoons ginger
1 ounce butter	2 tablespoons cinnamon
1 ounce soda dissolved in 4 table-	2 tablespoons mace
	More spices if desired

Blend sugar and fat. Add molasses and soda. Sift flour and spices together and add to molasses mixture. Make a stiff dough. Roll paper thin and bake in a slow oven (275°F. to 300°F.) until golden brown.

Mrs. C. F. Sapp, Forsyth County

OLD-FASHIONED TEA CAKES

2 cups flour	1 cup sugar
2 teaspoons baking powder	½ cup lard (or shortening)
½ teaspoon salt	1 teaspoon spice
1 egg	Sweet milk or water

Mix all ingredients (do not separate egg) with finger tips, adding just sufficient milk or water to make the dough stiff enough to be rolled out. Roll out dough fairly thin, then sprinkle with sugar. Cut out and place on cookie sheet. Bake in hot oven 10 minutes or until brown.

Mary Ivey, Wayne County

OATMEAL JUMBLES

1 cup lard	2 cups flour
1½ cups brown sugar	1 teaspoon cinnamon
2 eggs	2 teaspoons baking powder
6 tablespoons milk	1 cup chopped nuts
3 cups rolled oats	1 cup chopped raisins

Cream lard, add sugar. Then add eggs and beat well. Add milk, and beat well. Add all dry ingredients which have been sifted together. Last add the oats, nuts and raisins. Drop on greased tins and bake in hot oven until brown.

Mrs. Milton Garland, Mitchell County

HIFFER CAKES (Tangle Britches)

This is an old recipe handed down from mother to daughter for several generations. It is one of original "Moravian Recipes" and is always made on "Shrove Tuesday" in a Moravian Household as part of the observance of this day.

1 cup mashed potatoes	1 teaspoon salt, approximately
½ cup white sugar	1 package or cake of yeast
⅓ cup lard	½ cup lukewarm water
2 eggs	

Mix above ingredients together and add 1 cake of yeast that has been dissolved in ½ cup lukewarm water. Then add flour to make dough to knead. Set back to rise until double in bulk. Roll out on floured board and cut with doughnut cutter or equivalent and let rise for several hours again. Fry in deep fat until golden brown. Serve with jelly or preserves or roll in pulverized sugar as they are taken from fat.

Mrs. Oscar Doub, Forsyth County

BUTTERSCOTCH COOKIES

This recipe has been passed down for several generations.

2 cups brown sugar	¾ teaspoon salt
¾ cup butter	3 cups flour
2 eggs	2 teaspoons cinnamon
1 teaspoon soda	1 teaspoon cloves
1 teaspoon cream tartar	¾ cup chopped nuts if desired

Cream butter, work in sugar gradually. Beat in eggs. Continue beating until mixture is fluffy. Sift dry ingredients, add to first mixture. Drop pieces about size of hickory nut on cookie sheet, and press out with a cloth on bottom of glass dipped in cold water. Cook in moderate oven about ten minutes. This makes about 138 cookies.

Mrs. John J. Nicholson, Warren County

ORANGE FRITTERS

Make a batter of 1 cup of flour, 2 eggs, ½ teaspoon of salt, and sweet milk enough to make it the consistency of cream. Peel 6 oranges, slice and mix with the batter. Fry in hot fat to a delicate brown. Dip while hot in powdered sugar.

Mrs. L. L. Harvin, Pender County

OATMEAL COOKIES

$\frac{3}{4}$ cup butter	(black walnuts preferred)
2 eggs well beaten	1 cup sugar
2 cups flour	2 tablespoons cream
1 cup raisins chopped and floured	2 cups uncooked oatmeal
1 tablespoon cinnamon	1 teaspoon soda dissolved in
1 cup nuts chopped and floured	2 tablespoons boiling water

Cream butter and sugar, add eggs, soda water and cream. Add flour sifted with cinnamon, oatmeal, raisins and nuts. Drop by teaspoonful on greased cookies sheet and bake in moderate oven about 15 minutes.

Mrs. Lennie Chandler, Caswell County

OATMEAL COOKIES

This recipe originally belonged to Hattie Conarsy of Arkansas.

1 cup sugar	2 teaspoons of soda
1 cup bacon drippings or butter (bacon drippings are better)	$\frac{1}{2}$ box of seeded raisins
2 eggs	2 cups of uncooked rolled oats
5 tablespoons of sweet milk	2 cups of flour
1 cup of chopped nuts	Pinch of salt
	1 teaspoon of cinnamon

Mix drippings and sugar, milk, flour, soda, eggs and raisins. Add oatmeal last. Nuts will improve them, but can be omitted. When well mixed, drop from spoon on a greased pan, bake very slowly 20 minutes.

Mrs. Jim Griffin, Nash County

OLD-FASHIONED TEA CAKES

This was given to me 50 years ago by an old family friend. It was always a favorite of my children and now my grandchildren always ask for them when they visit me.

1 cup butter	1 teaspoon soda
2 cups granulated sugar	Flavoring to taste, lemon, vanilla or spices
3 eggs	
$\frac{1}{2}$ cup buttermilk	

Enough flour to make a soft dough that will roll (Rolls better after chilling). Mix, roll and cut with cutter and bake in moderately hot oven.

Mrs. T. M. Bowman, Forsyth County

Recipe also submitted by: Dora S. Kiker, Anson County

Mrs. Paul Page, Columbus County

PARTY COOKIES

This recipe was given to Mrs. R. V. Knight of Tarboro by a friend who bought it in New York for \$25.

1 cup butter

3 cups flour

6 tablespoons sugar

1 tablespoon vanilla

1 cup finely chopped nuts

Cream butter and sugar. Add the flour, a little at a time. (In case you get discouraged, just continue working because it can be mixed.) Add vanilla and nuts. Pinch off dough and roll in small balls that will make cookies approximately the size of a silver dollar. Put thumb print in middle and fill with any tart jelly. On top of this, add a half pecan. Line bottom of pan or cookie sheet with 2 or 3 layers of brown paper. Cook in slow oven of 300°F. for 25 to 30 minutes. Roll in powdered sugar.

Mrs. Hugh B. Bryan, Edgecombe County

PENELOPE BARKER TEA CAKES

On October 25, 1774, fifty-one ladies of Edenton met at the home of Mrs. Elizabeth King and drew up resolutions declaring that they would drink no more tea nor "promote ye wear of any manufacture from England" until the odious tax should be repealed. This is said to be the first instance in America of any concerted action by women on a political issue.

Mrs. Penelope Barker, a lady of rare spirit and courage, presided over this tea party and the recipe below is a copy of her recipe for Tea Cakes. The recipe has been preserved through the decades by descendants of the Colonial women who protested England's heavy taxation of imports to the new colonies. They made up a batch of these tea cookies and brewed some tea, not English tea—but tea from the Youpon and the Sassafras bushes from the coastal area. They then celebrated their tea party.

1 quart flour

$\frac{3}{4}$ cup butter or half butter and

half lard mixed

2 large cups brown sugar

3 eggs

1 rounded teaspoon soda dissolved

in a tablespoon of warm water
(not hot)

$\frac{1}{2}$ teaspoon salt

1 teaspoon vanilla or use any
other desired flavoring—
nutmeg, cinnamon, etc.

Cream butter, sugar and eggs together well, stir in soda dissolved in water; then quickly add enough of the flour to make dough as soft as possible to cut. Roll out thin cut into shapes and bake at once in a hot oven.

Mrs. E. N. Elliott, Chowan County

Recipe also submitted by: Mrs. L. W. Pearson, Wayne County

TEA CAKES

This recipe was used by my grandmother who would have been ninety years old and my great aunt who would have been a hundred. We still like the recipe.

1 cup sugar	½ cup buttermilk
3 cups flour or enough flour for stiff dough	2 teaspoons baking powder
1 egg	½ teaspoon salt
1 cup lard	½ teaspoon soda
	1 teaspoon vanilla or cinnamon

Work in a stiff dough and roll paper thin. Cut and bake.

Mrs. Earlie Jessup, Surry County

SWEET POTATO DOUGHNUTS

3 tablespoons shortening	2¾ cups flour
¾ cup sugar	4 teaspoons baking flour
3 eggs	1 teaspoon salt
1 packed cup of mashed potatoes	⅛ teaspoon nutmeg

Cream shortening and add sugar gradually. Blend in well beaten eggs and mashed potatoes. Sift flour, baking powder, salt and nutmeg together. Add to creamed mixture alternating with milk. Roll out and cut the same as plain doughnuts and fry in deep hot fat.

Mrs. Clifton Stephens, Columbus County

UNCLE SAM'S DOUGHNUTS

This is a small quantity recipe based on one used by Army cooks.

4 cups sifted flour	2 tablespoons shortening
½ teaspoon nutmeg	¾ cup sugar
¼ teaspoon cinnamon	2 eggs
1 teaspoon salt	1 cup thick sour milk or butter- milk
¾ teaspoon baking soda	
½ teaspoon cream of tartar	

Cream shortening and sugar, add eggs and beat until light and fluffy. Add milk and then sifted dry ingredients. Mix thoroughly until smooth. With as little handling as possible, roll dough on floured board ¼ inch thick. Let stand 20 minutes. Cut with 2½ inch doughnut cutter. Fry in deep hot fat (370°F.) until brown turning when first crack appears. Drain on absorbent paper.

Mrs. J. L. Jordan, Wilkes County



BLACK AND WHITE FUDGE

Black Part

- | | |
|--------------------------|----------------------|
| 3 cups sugar | 1½ cups cream |
| 4 tablespoons cocoa | 1 tablespoon vanilla |
| 1½ cups white corn syrup | 2 tablespoons butter |

Combine sugar, syrup, cocoa and cream. Boil to soft ball stage (234°-238°F.) Cool to room temperature. Add butter and vanilla. Beat until creamy. Pour into well buttered pan.

White Part

- | | |
|----------------------|--------------------------|
| 3 cups sugar | 1½ cups white corn syrup |
| 1½ cups cream | 1 tablespoon vanilla |
| 2 tablespoons butter | |

Combine and cook as for black part. When cool, beat until creamy, then pour over black part. Nuts may be added if desired. The two portions will not run together but will cut out together. Cut in small squares.

Mrs. Albert Medlin, Jr., Union County

CHOCOLATE CARAMELS

My grandmother used the following recipes when she first started to cook:

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|------------------------|-----------------------------|
| 2 cups of brown sugar | ½ cup of butter |
| 1 cup molasses | ½ pound of grated chocolate |
| 1 cup of cream or milk | 2 tablespoonfuls of flour |

Boil the molasses, butter, sugar and flour for fifteen minutes; stir the chocolate into the cream and pour in the boiling syrup and boil till done; drop a little in cold water; if it piles up and hardens, then it is done. Before pouring it out on buttered pans or plates, add a teaspoonful of vanilla, and as it cools crease it in small squares.

Mrs. C. B. Jones, Ashe County

COCONUT BAR CANDY

1½ cups sugar	½ teaspoon vanilla
½ cup sweet milk	½ to 1 cup shredded coconut
2 tablespoons butter	

Pour milk over the sugar. Add butter and boil 12 minutes. Stir constantly. Remove from fire; cool a little; add vanilla and coconut. Beat rapidly until creamy and pour into buttered pan. Cut in bars when cold.

This candy is adapted to sending as a gift by mail.

Mrs. David Graham, Harnett County

CHOCOLATE CREAM FUDGE

2 cups sugar	1 tablespoon butter
⅛ teaspoon cream of tartar	1 teaspoon vanilla
1 cup sweet milk	Few grains salt
2 squares chocolate	Nuts, if desired

Mix sugar, milk, and chocolate, and put on to cook. Stir until it begins to boil and enough to keep from sticking until it is done. When it has boiled several minutes, add cream of tartar. Keep crystals scraped down from the sides while cooking. Cook until it forms a firm ball that you can roll between the fingers when a few drops are tested in cold water. Add vanilla, butter, and salt. Let cool without stirring or jarring. When cold, stir or beat until it loses its shiny appearance. Pour upon buttered dough board, and knead until it is soft and pliable again. Mold into shapes and garnish with nuts.

Gladys Morris, Camden County

MARTHA WASHINGTON CANDY

This was given to the first 4-H club class at Lewisville School in 1921 by Miss Alice McQueen, Home Demonstration Agent. I have sent this to friends all over the world and boys in service said it always came through in perfect condition.

¼ to ⅓ pound butter	¼ teaspoon vanilla flavoring
2 tablespoons cream	Few drops coloring, if color is
1 pound pulverized sugar	desired

Soften butter. Sift sugar. Blend butter and sugar into a dough. Add flavoring and coloring. Make into small balls and dip into melted chocolate, to which has been added a little paraffin.

This recipe may also be used for Mints.

Julia Maude Conrad, Forsyth County

CHOCOLATE FUDGE

2 cups sugar

1 cup evaporated milk

3 tablespoons cocoa

1 teaspoon butter

1 teaspoon vanilla

Add sugar, milk, and cocoa and cook over low heat, stirring from sides of boiler often. When mixture forms soft ball in water, remove from heat. Add butter, vanilla and cool. Beat with rotary beater until mixture begins to thicken. Pour on greased platter. Nuts may be added.

Mrs. Faye Hamilton, Pender County

FRESH COCONUT CANDY

3 cups fresh grated coconut
(1 medium coconut)

3 cups sugar
Milk from coconut

Place sugar in sauce pan. Add enough coconut milk to dissolve sugar. Boil to the hard crack stage or 264° on candy thermometer. Remove from fire. Add fresh grated coconut and beat until mixture begins to cream. Pour into well greased dish. When cool cut into squares.

Mrs. G. P. Wilkinson, Jr., Granville County

CREAMY FUDGE

"This is a fudge recipe that I have never seen in print but has been in the family so long that it seems common to me," writes Mrs. Conrad House, Madison, Wisconsin, "I don't know where it came from but in the long winter evenings on the farm we used it almost every night and have never had a failure with it. It is fool proof and I don't think I have ever tasted fudge quite so creamy as when it is made this way:

"Melt a piece of butter (size of a small egg or smaller) with two squares of chocolate. When melted well, add one scant cup of rich milk (over $\frac{3}{4}$ cup). Let this cook until rather thick so that it is nice and smooth and looks like pudding—almost. Then add two cups of white sugar. Stir well but don't stir after it starts to boil. (medium heat.) Cook until it forms a soft ball in cold water. Let cool to lukewarm and then beat. When almost finished beating, add nuts and pour on buttered plate. It will never fail and is it creamy!"

If two squares of chocolate are not available, use five tablespoons of cocoa.

Mrs. Troy Barnes, Wilson County

CREOLE PECAN PRALINES

This is the Southern mammie's answer to the French, in New Orleans, during Napoleon's time, to their love of sweets when asked for a recipe: "Honey I never wrote em down but jes remembered em by heart". To this day you can see them peddle their Pralines on the streets of New Orleans and return home to make another batch.

3 cups light brown sugar	1 cup cream
$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon cinnamon
1 $\frac{1}{2}$ cups pecan halves	

Mix sugar, butter and cream. Stir gently and cook until a small amount dropped in cold water forms a soft ball. Add the pecan halves and cinnamon. Beat until almost cold, then drop by spoonfuls onto slightly greased marble slab.

Mrs. Hazel J. Bell, Cabarrus County

PEANUT CANDY ROLL

2 egg whites	Peanut butter
1 box confectioners' sugar	

Beat egg whites until stiff. Sift sugar and mix almost whole box with egg whites, add $\frac{1}{2}$ teaspoon vanilla. When mixture is too stiff to stir with spoon, roll like dough with hands. Sprinkle more sugar on a board and roll dough out $\frac{1}{4}$ inch thick. Spread peanut butter over the dough, begin at one side and roll into a long roll. Let candy set for a few minutes and then slice in $\frac{1}{2}$ inch slices. Lay out on wax paper.

Mrs. Zola Roberts, Harnett County

"PHILLY" FUDGE

6 level tablespoons of cream cheese	$\frac{1}{4}$ teaspoon vanilla
2 cups sifted confectioners' sugar	Dash of salt
2 one-ounce squares melted unsweetened chocolate	$\frac{1}{2}$ cup chopped pecans

Place cheese in bowl and cream it until soft. Blend in sugar slowly. Add melted chocolate. Mix well. Add vanilla, salt, and pecans. Mix until well blended. Press into well greased pan. Place in refrigerator until firm (about 15 minutes). Cut into squares. For softer fudge, blend 1 teaspoon cream.

Maple, almond, coconut, or peanut butter may be used in place of the chocolate.

Mrs. Mary Lanning, Jackson County

FOOLPROOF FUDGE

½ pound marshmallows or (10 ounces)	1 6 ounce can evaporated milk
¼ cup water	¼ teaspoon salt
2½ cups granulated sugar	½ package of (3 ounce) semi-sweet chocolate bits (¾ cup)
¼ pound butter or margarine (½ cup)	

In top of double boiler, combine marshmallows and water; cook over boiling water until marshmallows are melted, stirring occasionally. Meanwhile in a heavy saucepan, combine sugar, butter or margarine, milk and salt, mix thoroughly. Bring to a rolling boil over medium heat, stirring constantly. Continue boiling for 8 minutes, stirring constantly to prevent mixture from sticking to bottom of pan. Remove from heat and stir in melted marshmallows and chocolate bits. Mix until thoroughly blended and the chocolate bits are melted. Pour into buttered 8 x 12 inch pan. Cook thoroughly and cut into squares. Makes about 2½ pounds.

Variations

(1) Top each piece of fudge with an English walnut half. (2) Add 1 cup chopped nut meats to fudge before pouring into pan to cool. (3) Add 1 cup shredded coconut to fudge before pouring into pan to cool.

Union County

CHOCOLATE MARSHMALLOW CANDY

2 ounces chocolate	1 cup condensed milk
2 packages chocolate bits	½ cup nuts
8 ounces marshmallows	

Melt chocolate and chocolate bits in top of double boiler. Stir in condensed milk. Have marshmallows cut in quarters. Add them to mixture. Add nuts. Drop on waxed paper.

Mrs. Floyd Matthews, Perquimans County

SEA FOAM CANDY

2 cups brown sugar	1 egg white
½ cup water	½ cup chopped nuts
1 teaspoon vanilla	

Boil sugar and water till a little dropped in a cup of water will form a soft ball. Pour hot mixture over stiffly beaten egg whites, beating while adding. Add nuts and flavoring and beat till candy stiffens. When nearly set, drop by spoonfuls on waxed paper.

Mrs. Boyce Helms, Union County

PEANUT SOUR CREAM CANDY

2 cups sugar	½ teaspoon vanilla
⅛ teaspoon salt	3 drops almond extract
1 cup sour cream	1 cup peanuts
Few grains cinnamon	

Mix sugar, salt and cream and boil gently, without stirring, to firm-ball stage (245°F.) Cool to lukewarm, add flavoring and beat until creamy. Fold in peanuts, and pour into buttered shallow pan. When cool, cut into squares. Yield: 48 squares.

Mrs. Henry W. Maddrey, Northampton County

SPANISH SWEETS

¼ pound candied cherries	¼ pound seeded raisins
¼ pound figs	¼ pound stoned dates
¼ pound almonds	½ pound walnuts
¼ pound hickory or pecan nuts	

Mix all together and grind fine or chop. Sprinkle board with powdered sugar. Toss on the mixture. Knead well. Cut into small squares. This will keep several days packed in layers of waxed paper.

Mrs. Lydia Hodge, Stokes County

SPICED NUTS

1 quart of shelled nuts	1 teaspoon salt
1 cup sugar	1 teaspoon cinnamon
1 cup water	1 teaspoon vanilla

Mix sugar, water, salt, cinnamon and vanilla in a large thick frying pan. Bring to a boil and simmer until mixture spins a thread. Pour in the nuts and stir until all are well coated. Pour on wax paper to cool.

Mrs. George Highsmith, Jr., Pender County

SNOW BALLS

½ cup butter	1 cup finely ground pecans
2 tablespoons sugar	1 cup sifted flour
1 teaspoon vanilla	Dash of salt

Cream together the butter and sugar. Add other ingredients. Shape dough in balls like marbles. Cook on ungreased cookie sheet at 325°F. for 30 minutes. Roll in confectioners' sugar while hot. Then again when cooled.

Mrs. Gaither Matthews, Lee County



ARTICHOKE PICKLE

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| 1 peck artichokes | 5 teaspoons turmeric |
| 6 cups brown sugar | 1 teaspoon red pepper |
| 1 gallon vinegar | 1 teaspoon salt |
| $\frac{1}{4}$ pound dry mustard | 1 tablespoon allspice |
| $\frac{1}{4}$ pound white mustard seed | 1 tablespoon cloves |

Bring all of this to a boil and pour over artichokes in jars. First, soak artichokes in brine—1 cup salt, 2 gallons cold water for 2 days, then wash in clear water. Good to eat after 10 days.

Mrs. Stover Dunagan, Rutherford County

ARTICHOKE RELISH

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|---|-----------------------------------|
| $\frac{1}{2}$ peck of artichokes | $\frac{1}{2}$ teaspoon red pepper |
| 4 onions | 2 tablespoons white mustard seed |
| $2\frac{1}{2}$ cups of sugar or less, if you like | 2 tablespoons celery seed |
| 3 pints of vinegar | 4 tablespoons salt |
| 1 tablespoon turmeric | |

Scrape and grind the artichokes coarsely. Mix and simmer for $\frac{1}{2}$ hour. Put in jars and seal.

Doris Sweaney, Durham County

CRANBERRY COMPOTE

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| Combine: | thin and cut in small pieces) |
| 1 pound cranberries | 2 cups sugar |
| 2 oranges and 1 lemon (sliced | $\frac{1}{3}$ cup water |

Boil all ingredients together five minutes or until the cranberries burst. Let stand (the longer the better) and serve cold as accompaniment to meat course.

To add variety: add a cup of diced pineapple or $\frac{1}{2}$ cup canned cherries before cooking the mixture.

Verna Stanton, Assistant State Home Demonstration Agent

CHILI

1½ pound ground beef
½ cup vegetable oil
2 teaspoons salt
2 teaspoons paprika

¼ teaspoon black pepper
1 large onion, diced
4 cups canned tomatoes

Heat vegetable oil in a heavy skillet or cooker. Add the ground beef and allow to brown slightly, stirring at frequent intervals. Add the remaining ingredients, stir well and cook on medium to low heat for about an hour or to desired consistency.

Desirable as sauce for frankfurters. Also delicious over spaghetti which has been boiled and drained, sprinkle top with grated cheese.

Mrs. A. H. Pridgen, Jr., Pender County

CHILI SAUCE

This recipe belonged to my grandmother, Mrs. Sallie Campbell Cunningham and is well over 100 years old. Mrs. Cunningham taught in the schools in Macon County just after the Civil War. She told how the children had no books and that they used the Bible or any other available book to learn to read. Mrs. Cunningham was an educator as well as a homemaker during her long life.

18 ripe tomatoes, cut fine
1 onion, cut fine
1 cup sugar
2 tablespoons mixed spices

1 green pepper, cut fine
1 tablespoon salt
2 cups good vinegar

Mix and cook for 40 minutes. Pour in hot jars and seal at once.

Mrs. J. R. Ray, Macon County

GREEN TOMATO SWEET PICKLE

1 gallon green tomatoes sliced
¼ inch thick. Let stand 24
hours in 2 gallons of lime
water (3 teacups lime to 2
gallons water). Remove and
soak in clear water 4 hours,
changing water every hour.

Remove from water and add:

5 pounds sugar
3 pints vinegar
½ teaspoon each of
cloves, mace, cinnamon bark and
allspice

Bring to boil and let stand 24 hours. Cook 1 hour again and seal in hot sterilized jars

Angie Conrad Stonestreet, Forsyth County

MRS. CLARKE'S PEACH CHUTNEY

Recipe brought to Wake County by wife of an English Army officer who lived in India. Easy to make and particularly good with meats or chicken. It sounds curious but I vouch for its goodness when served with meats, etc. May use anywhere peach pickle would be used.

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| 4 pounds sliced soft peaches | 2 cups vinegar |
| 1 tablespoon white mustard seed | ¼ pound raisins |
| ½ teaspoon salt (a spice bag,
cinnamon, cloves, etc.) | Crushed ginger root |
| | 3 medium onions chopped |

Cook all together until smooth and add two pounds of brown sugar. Cook until thick and put in glasses. Cover with paraffin or seal in small containers.

Mrs. Maude P. McInnes, Wake County

COUSIN FANNY NELSON'S CUCUMBER PICKLE

Who Cousin Fanny Nelson was I have no idea but when I came to Raleigh 25 years ago, I was told that all good Raleigh housewives made Cousin Fanny Nelson's pickle. Certainly I had to look for brined cucumbers every fall for Mrs. Palmer Jerman and Dr. Delia Dixon Carroll (sister of Thomas Dixon, the novelist). The recipe which follows was given me by Dr. Carroll. She made as much as 15 gallons of it every year and it was one of the features of the buffet meals served at her log cabin.

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| 2 quarts onions | 1½ ounces whole cloves |
| 4 green peppers | 1½ ounces whole black pepper |
| 8 red peppers | 2 ounces white mustard seed |
| 2 ounces turmeric | 2 ounces celery seed |
| 1¼ ounces whole mace | 2 ounces ground mustard |

Chop onions and pepper. Bring vinegar to a boil, add sugar and spices tied in a bag, add onion and pepper and sliced cucumbers, when hot through put in jars.

Mrs. Maude P. McInnes, Wake County

LAZY WOMAN'S PICKLE

This recipe has not always been a lazy woman's. It was brought to Caswell by Mrs. Herbert Landram, a busy Methodist

*1 peck brined cucumbers soaked in
clear water 3 days cut in 1 inch
slices the next day*

Preacher's wife—a Virginian, who obtained the recipe from a Virginia Home Demonstration Agent.

Put whole cucumbers in half gallon jar, fill with vinegar, add two tablespoons of salt. Let set at least six weeks. (Can be left as long as a year.) Take cucumbers out of jar—slice into thin serving sized pieces. Pack a layer of cucumber and a layer of sugar until two pounds of sugar is used for the above amount of cucumber. Add 2 tablespoons each of whole cloves and allspice, and a stick of cinnamon.

Mrs. Taylor Long, Caswell County

EVIE TAYLOE'S PEPPER RELISH

This is a recipe from the kitchen of Mrs. W. S. Tayloe of Powellsville, N. C., Bertie County. It was used by her mother, Marie E. Jenkins, Hertford County and passed on to the four generations and is still in use. This was one of the relishes we are still unable to buy on the markets and is very inexpensive to make and time to prepare is so little that everyone should makes lots of this relish to use with the good old Southern collards and greens.

12 red bell peppers
12 green bell peppers
6 medium size onions

2 cups sugar
3 cups vinegar
2 tablespoons salt

*put no more
salt than ball
for*

Wash and seed peppers and grind together with the onions. Scald and let set for five minutes, then scald the second time and drain. Add sugar, vinegar, salt and cook for about fifteen minutes to thicken. Pour in sterilized jars and seal.

Mrs. Howard R. Taylor, Hertford County

PICKLED BEANS (The old-fashioned way)

Cook beans (green beans) until the inside of the bean will mash between fingers. Cool and place in stone jar with one pint of salt to 5 gallons of beans. (Variation: May use one-third or even one-half corn which makes a delicious dish.) If part corn is used, boil corn until done and cut off cob. Mix with beans. Weight down in a stone jar or a glass jar can be used. Use enough water where beans were cooked to cover the beans in jar. On the 9th day take mixture out and place in clean jars, seal.

Mrs. C. M. Brown, Jr., Wilkes County

PUMPKIN PRESERVES

This recipe was one my grandmother used and handed down to my mother and on to me.

7 pounds pumpkin
3 pounds sugar

2 lemons

Cut pumpkin in squares, put sugar and lemons in and let stand over night so the pumpkin won't cook up. Cook until clear. Seal in jars.

Mrs. Wesley Goodman, Ashe County

SWEET PICKLE PEACHES

9 pounds peaches
1 quart vinegar (apple)
1 tablespoon allspice and cloves

4 pounds sugar
4 sticks cinnamon (broken)

Make a syrup of spices and vinegar. Let come to a good boil, pour over the peaches which have been put in stone jars. Repeat 8 mornings. 9th morning put peaches in glass jars, pour over hot syrup and seal.

Mrs. A. Crouse Jones, Forsyth County

APPLE CHUTNEY

2 quarts apples cut in small pieces
2 pounds sugar
2 cups seeded raisins
Rind of two oranges, finely
chopped

$\frac{1}{2}$ cup strong vinegar
 $\frac{1}{2}$ teaspoon ground cloves
1 cup black walnuts, chopped, not
too fine

Boil all ingredients together until apples and nuts are tender. Seal in sterile jars. Pecans may be substituted for walnuts. (Not as good.)

Mrs. Jacques Busbee, Moore County

PEAR RELISH

4 quarts sliced pears
3 oranges and 1 lemon ground in
food chopper

1 large can crushed pineapple
 $\frac{3}{4}$ cup sugar to each cup of mixture
1 small bottle cherries

Mix ingredients together and cook about 2 hours. Put in cherries just before removing from heat. Fills 8 pint jars.

Robeson County Council

SPICED GRAPES FOR SPECIAL DINNERS

This recipe came to me through my husband's mother Ida Majette Browne, who was born in 1854. I am under the impression she told me it was made and served by her mother, Anne Deans Majette, and could be made of any kind of grapes, especially the big wild muscadine variety. I have used it and so has one of our daughters. I hope to help a granddaughter, another Anne Browne, make it on her sixth birthday so that five generations can claim an interest in the recipe.

11 pounds large James grapes,	1 quart of vinegar
pulped. Heat the pulp and run	6 pounds sugar
through a colander to separate the seed. Put hulls and	2 tablespoons cinnamon
seeded pulp in a kettle with	1 tablespoon allspice
	1 tablespoon cloves

Mix and cook $1\frac{1}{2}$ hours. Stir often to prevent burning after mixture begins to thicken. Seal in jars until ready to serve with baked ham, roast lamb, turkey or chicken.

Mrs. T. E. Browne, Hertford County

WATERMELON RIND SWEET PICKLE

This recipe was handed down by word of mouth in my family from mother to daughter since the first melons were grown on on this farm, which was a land grant from the King of England.

8 pounds watermelon rind	1 tablespoon each of (whole spices
2 quarts vinegar	tied in a bag)
1 quart water	Cinnamon
6 pounds sugar	Ginger
	Cloves

Prepare the rind by peeling off all green skin and trimming away all red meat from inside of the rind. Soak overnight in lime water, 1 bottle slack lime to one gallon water. Next morning wash rind through several waters, then bring to boiling point in one gallon water, in which $\frac{1}{2}$ teaspoon alum has been dissolved. Remove immediately the boiling point is reached and plunge into cold water. Change water, let stand 1 hour. Then bring to boil and let boil $\frac{1}{2}$ hour in clear water. Then plunge into cold water again. Drain and boil in the syrup until plump and tender and rattles as if you were stirring dry corn.

Mrs. A. Crouse Jones, Forsyth County

WATERMELON RIND PICKLE

3 quarts prepared watermelon rind	4 cups sugar
1½ tablespoons of powdered	2 cups vinegar
lime (can be obtained at a	2 to 3 inch stick cinnamon
drug store) or 1 cup of slack	1 tablespoon of whole cloves
lime to a gallon of water	

Select a firm ripe melon. Remove green skin and pink flesh from rind, cut rind into 1 inch pieces. Add lime, cover with water and soak overnight. Drain; rinse three times in cold water. Boil in water until tender, about 45 minutes. Add green coloring if desired. Drain. Mix remaining ingredients and heat to boiling point. Add watermelon rind. Boil until rind is transparent. Pack into hot sterilized jars with the syrup. Makes 3 pints.

Mrs. Mason Crews, Person County

SOUPS

BEEF SOUP

2 quarts tomato juice
1 quart canned beef
1 package spaghetti

1 small onion
Salt and pepper to taste

Bring tomato juice to boiling point, add finely chopped onion, when boiling briskly add spaghetti, beef and cook until done. Serve with saltines or any good crackers.

Mrs. Clarence Holder, Harnett County

CHEESE POTATO SOUP

Heat 2 quarts of whole milk over slow heat. Add 4 cups of grated potatoes and 2 medium onions, sliced. Cook very slowly for about 40 minutes, stirring frequently to prevent scorching. Then add 3 teaspoons salt, 1 teaspoon paprika, $\frac{1}{2}$ cup grated cheese. Mix well. Serve the soup immediately, garnish with chopped parsley if desired. Makes $2\frac{1}{2}$ to 3 quarts.

Mrs. Dewitt Lee, Union County

LA SOUPPA

1 loaf French bread—toasted
(or bread sticks)
1 to 2 quarts of bouillon or broth

2 to 4 tablespoons butter
Parmesan cheese
Dash cinnamon and nutmeg

Butter thinly sliced French bread. Heat broth. Alternate toast and broth in a baking dish. Cover with Parmesan cheese. Bake in a slow oven 300° F. from one to two hours. Sprinkle cinnamon and nutmeg between layers if desired. Serve while hot with extra cheese.

This was a favorite of early Waldensian settlers to Valdese and was the basis for a simple Waldensian meal served with a glass of wine and cheese.

Jeonne Danton Meytre, Burke County

CREAM OF CORN SOUP

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|---|-----------------------------|
| 1 cup corn | 1 tablespoon chopped celery |
| 2 cups milk | leaves |
| 3 tablespoons melted butter
or butter substitute | ½ tablespoon minced onion |
| 3 tablespoons flour | Salt and pepper |

Brown onion and celery leaves in butter. Add flour. Mix until smooth. Add milk slowly, stirring constantly. Add water. Cook over hot water until smooth and thick. Add corn. Season to taste. Heat thoroughly. (If desired celery salt to taste may be substituted for chopped celery leaves). 6 servings.

Mrs. Albert Medlin, Jr., Union County

CREAM OF PEANUT SOUP

This is a recipe from the kitchen of Inglis Fletcher, author of a grand series of historical novels laid in the Albemarle district of North Carolina. It has been used in her family for several generations. "Bandon", the home of Mrs. Fletcher, was built about 1800 on the banks of the Chowan River in Chowan County. "No writer of historical fiction about North Carolina could wish for a more pleasant retreat, a worthier spot in which to do her work."

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| 2 tablespoons flour | paste (present day recipe—1 |
| 1 tablespoon butter | cup peanut butter) |
| 1 quart whole milk, hot | Salt to taste |
| 2 cups peanuts mashed in a spice
mortar with iron pestle into a | 1 jigger dry sherry |

Make a roux of butter and flour. Stir in slowly the hot milk and blend until smooth. Stir in peanut butter, blending. This should be the consistency of split pea soup. When ready to serve add the sherry. Top each serving with a teaspoon of whipped cream. This is unbelievably delicate. Serves eight.

Chowan County Council

VEGETABLE SOUP

Take chicken or beef broth. Add a small cabbage cut fine. Let come to boil, add 1 onion cut in small pieces, 1 can corn, 1 quart of tomatoes, a few cubed carrots, potatoes and okra if you have them. Season with salt, pepper and sugar and let simmer a few minutes.

Mrs. Stephen Watson, Wilson County

POTATO SOUP

4 leeks, sliced (use tops as well as white parts)

1 Bermuda onion—sliced

5 large potatoes—peeled and sliced

2 tablespoons butter

1 cup light cream and 1 cup milk

4 cups water—5 bouillon cubes

(or home made chicken broth)

1 to 2 tablespoons salt

Fry leeks and onions in 1 tablespoon butter until golden brown. Simmer water to which bouillon cubes have been added until cubes are dissolved. Add potatoes, leeks, onion and salt. Let cook covered 35 to 40 minutes or until potatoes are well done. Rub mixture through a fine sieve or use a standard blender. Stir in milk and return to pot. Add cream, stir until boiling point is reached. Remove from fire, add remaining butter.

The trick: Constant stirring while adding milk and cream.

Hint: If you prefer, onions may be substituted for the leeks; add a clove of crushed garlic.

Celestine Allio Dalmas, Burke County

REVAL SOUP

My husband's family is still living on the original Land Grant that was issued to them by the government in pre-Revolutionary War Days. One of their favorite dishes is "Reval Soup". It is a favorite because it is easy and quick to make, is economical and is very nourishing.

Cook 1 cup Irish potatoes cut in very small pieces ($\frac{1}{4}$ in. cubes) in 3 cups water. Season well with ham or bacon fat. Butter may be used.

Break 1 egg in 2 cups of flour, and work lightly with the finger tips until there are no large lumps. The "revals" should be small and almost uniform. This makes the soup better.

Sprinkle "revals" into the boiling potatoes stirring constantly to prevent lumps. Cover, and continue cooking about 3 minutes. May be served plain, or with finely diced onion and (or) sour pickle.

Variations: A thinner soup may be desired. If so, add more hot water before stirring in "revals". Chicken, beef or pork broth, with pieces of meat may be used to make a wholesome, nourishing one dish meal.

Mrs. C. J. A. Stirwalt, Cabarrus County

ONION SOUP

6 onions, thinly sliced	3 tablespoons Parmesan cheese
2 tablespoons bacon fat, butter, margarine, or olive oil	Fresh bread—toasted
½ teaspoon Worcestershire sauce	7 cups water)
Dash Tobasco sauce	10 beef bouillon cubes)
½ teaspoon kitchen bouquet	or 7 cups homemade beef stock
	Salt and pepper

Fry onions in fat until golden brown. Add onions and sauces to bouillon or meat stock. Simmer in covered pan for one hour. Season with salt and pepper. To serve: Toast slices of French bread, top each slice with Parmesan cheese and slip under the broiler. Top each bowl of soup with a piece of toast, add more cheese, if desired.

The trick: Use plenty of onions.

Celestine Allio Dalmas, Burke County

TOMATO SOUP

½ can or 1 pint tomatoes	1 quart milk
2 teaspoons sugar	1 slice onion
¼ teaspoon soda	¼ cup flour
1 teaspoon salt	¼ cup butter
Pepper	

Stew tomatoes and sugar, strain, add soda and seasoning. Scald milk in double boiler with 1 slice onion. Add flour well blended with butter. Cook thoroughly. Remove onion from milk. Combine mixtures, adding tomato to milk slowly. Strain. Serve at once with buttered croutons. Garnish with grated cheese or parsley.

Union County

VEGETABLE BOUILLON (General Lee's Favorite Soup)

4 cups of tomatoes	2 teaspoons onion juice
1 stalk of celery chopped	Salt and pepper to taste
2 carrots chopped	One wine glass of sherry wine
¼ green pepper chopped	(2 tablespoons)
1 bay leaf	2 cups of water

Put tomatoes in sauce pan with the water, add all of the vegetables and season and let boil for thirty minutes. Strain. Add the Sherry wine. Serve piping hot.

Mrs. Wendell Hinshaw, Yadkin County

OLD-FASHIONED VEGETABLE SOUP

- | | |
|---|------------------------------|
| 1½ cups corn | 10 pods okra, sliced |
| 1 cup sliced cabbage | ½ cup washed rice |
| ½ cup green lima beans or
other peas | ½ cup sliced carrots |
| 3 medium Irish potatoes,
sliced thin | 3 tablespoons sugar |
| | ⅔ cup butter |
| | ½ cup bacon fat (not smoked) |

Mix ingredients. Cover with water, salt to taste. Boil slowly until all ingredients are tender. Put in 2 cups tomatoes sliced fine, more if preferred. Let come to a boil. Add 1 pint to 1 quart boiling water. Let boil again. Then beat 1 cup of milk, ¼ cup corn meal, pour into soup mixture, let simmer slowly for fifteen minutes. It is better if it sets an hour or more before serving, but it is delicious immediately.

Mrs. Boyce Helms, Union County

VEGETABLE SOUP (Scotch Pot)

- | | |
|---|---|
| 2 pounds beef knuckle with some
meat on it | 6 pods okra or small can beans,
peas, or butter beans, either
fresh or canned |
| 1 can tomatoes, No. 2 | ½ cup rice |
| 1 bunch carrots (5 to 6) | 4 large potatoes, boiled or
creamed |
| 1 stalk celery, cut fine | Salt and pepper to taste |
| 2 medium sized onions | |

Put soup bone and meat on to cook five hours before soup is to be served. When it has boiled two hours at a low temperature, add cut up carrots, celery, whole onions, or beans, or butter beans, okra, and tomatoes. One hour before serving add rice and reduce heat. If a very thick soup is desired, creamed potatoes can be added 15 minutes before serving. The seasoning should all be in for the last hour of cooking. This soup (without pepper) is perfect for babies from six months on, when strained, and is a full luncheon menu in one dish.

Mrs. M. A. Temple, Harnett County

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